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Celebrity pg 37

Did she kiss the judges ... and like it?

Godfrey-led group buys Canwest

MEDIA Canwest Global Communications has approved the sale of its newspapers to a group led by National Post president Paul Godfrey in a $1.1-billion deal that preserves jobs and pays off the insolvent company's bankers.

The buyer of Canwest Limited Partnership is a group of the media company's bond holders, who are paying $950 million in cash as part of yesterday's transaction. The deal was deemed superior to other bids received by the company for its newspapers, Canwest said late yesterday. **THE CANADIAN PRESS**

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Food pg 30

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Centennial **University** **Settlement**

KEITH BEATY/TORSTAR NEWS SERVICE

Gov. Gen. Michaëlle Jean tours the University Settlement Recreation Centre yesterday and meets with children during part of its 100th anniversary celebration activities.

Faith in politics

Mayoral hopefuls see bigger role for T.O. religious groups

Four of Toronto's mayoral candidates have vowed to give faith-based groups a bigger role in city affairs, with Rocco Rossi proclaiming: "God hasn't left city hall — city hall has left God."

Rocco Rossi

At a morning debate hosted yesterday by the Toronto Area Interfaith Council, Rossi, George Smitherman, Joe Pantalone and Rob Ford all said city hall should be more open to advice from, and partnerships with, religion-based groups.

Smitherman said as mayor he would bring together the faith groups, arrive at common goals for social justice and social development, and have them work with the city to help the homeless, the addicted and others on society's fringe.

Toronto should be a city sophisticated enough to acknowledge religious and cultural events as important in the broader community, "where we don't have to call a Christmas tree a holiday tree," he said.

"This is a pillar of service and outreach that needs to be celebrated," Rossi said of faith groups.

"The mayor's door would be open to all faiths ... Whether in affordable housing, whether in the shelter system, whether in assisting the homeless ... faith communities are there."

Rossi made the quip about city hall leaving God when one of the roughly 100 people in the audience at Metropolitan United Church, while asking candidates if they would support an official interfaith day or week, remarked that "it seems as if God has left city hall." **TORSTAR NEWS SERVICE**

Cops dial up zero-tolerance policy on distracted driving

TICKETS Toronto police say a policy of "absolutely no tolerance" has resulted in more than 4,000 tickets for drivers using cellphones and other handheld devices in just three months.

On Feb. 1, police began issuing $155 tickets to drivers caught talking on phones, text messaging or using devices such as laptop computers, video players and MP3 players.

By April 30, they had fined 4,397 motorists in the city, with 296 of those charges relating to use of devices other than phones.

Police merely issued warnings between October, when the new law came into effect, and February, when strict enforcement began. Patrol officers now nab offending drivers by monitoring traffic from a stationary position — in a cruiser or standing at the side of the road — and watching cars approach, or by pulling over vehicles when they spot a motorist on the phone in traffic. **TORSTAR NEWS SERVICE**

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Local

Makhniashvili out on bail

The father of missing teen Mariam Makhniashvili was granted $50,000 bail yesterday on charges related to a stabbing. Vakhtang Makhniashvili, left, was arrested Friday night after a neighbour in his apartment building was stabbed in the abdomen. Makhniashvili faces charges including aggravated assault and assault with a weapon. The 50-year-old had been remanded in custody for medical attention Saturday. He had a bandage around his left hand. THE CANADIAN PRESS

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Tomorrow's Metro

West View

Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca
WHAT'S ONLINE TODAY

Video Health experts are wringing their hands over growing popularity of hookahs among teens at **metronews.ca/canada**

Video Canada's self-styled "Prince of Pot" ordered extradited to face five-year sentence in a U.S. prison at **metronews.ca/canada**

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Accused terrorist changes plea

Toronto 18 ringleader pleads guilty mid-trial, case against two others continues

One of the ringleaders of the so-called Toronto 18 has pleaded guilty in mid-trial after a jury heard weeks of evidence that Fahim Ahmad led a terror cell plotting to attack Parliament and nuclear targets.

Ahmad, 25, was being tried along with Steven Chand and Asad Ansari on terrorism charges. It is the last of the trials associated with a group of 18 men and youth arrested in the summer of 2006.

Fahim Ahmad

"You look out here this morning, members of the jury, you'll see Mr. Ahmad is no longer with us," Justice Fletcher Dawson said yesterday.

"Mr. Ahmad last week decided to change his plea to guilty."

Ahmad's plea has "no impact on the guilt or innocence of the two men who remain on trial," Dawson instructed the jury. The process that takes place when someone pleads guilty is not yet complete, but the trial must go ahead, Dawson added.

The jury heard earlier in the trial that Ahmad was the leader of a terror cell and held two training camps to assess his recruits' suitability to help him attack Parliament, electrical grids and nuclear stations.

THE CANADIAN PRESS

TONY BOCK/TORSTAR NEWS SERVICE

At the announcement for the Just For Laughs festival at Roy Thompson Hall yesterday, Mayor David Miller had to help Victor, the festival's oversized mascot, get through the front door.

Just for Laughs lineup announced

COMEDY Wayne Brady, Brad Garrett and Demetri Martin are among the comedians who have been announced for Toronto's instalment of the Just For Laughs festival.

Brady, the multi-talented former star of Whose Line Is It Anyway? will join Martin (The Daily Show) for a July 8 gala at Massey Hall.

Another gala at the venerable venue July 10 will see former Everybody Loves Raymond star Garrett billed alongside stand-up comic Louis CK.

Parks And Recreation star Aziz Ansari's previously-announced July 9 show at the Winter Garden Theatre will also be presented by the fest, in its fourth year in Toronto.

Tom Papa, Jim Breuer, Patton Oswalt, Mike Wilmot, Mike Birbiglia and Tommy Tiernan are also set to appear at the festival, which runs from July 6-11.

Tickets go on sale for the general public May 17.

THE CANADIAN PRESS

Transit smartcard goes live

PRESTO More than four years after it began working on the kind of regional fare card already used on transit systems around the world, the GTA's Presto smartcard has finally gone live at the Oakville GO station, soon to be followed by the rest of GO Transit's busy Lakeshore West corridor.

"We know this is technology people want." Kathleen Wynne, transportation minister

"Electronic cards are already in use — if you've been to London, Hong Kong, San Francisco, Seattle, Holland — to great success. So we know this is technology people want, we know it's technology people need," Transportation Minister Kathleen Wynne said yesterday at the launch.

The 12,000 GO riders who use that station daily can now load a dollar value onto their Presto card and tap on the green readers at stations and on buses to have the correct fare deducted on each leg of their trip, including their municipal bus, GO Transit and some TTC stations.

Wynne acknowledged the Toronto region lags behind others in embracing the smartcard technology.

While traversing municipal borders is supposed to be the great advantage of Presto, Wynne also conceded that the TTC, which carries more than 80 per cent of transit users in the Toronto area, isn't a full partner in the project.

Twelve of the TTC's 69 stations will be installing Presto readers, which are the stations most used by GO commuters, she said.

TORSTAR NEWS SERVICE

News in brief

RECYCLING Environment Minister John Gerretsen is insisting that Ontario's electronic recycling program isn't a failure even though it hasn't met its target to divert tonnes of computers and TVs from landfills. Gerretsen says Ontario Electronic Stewardship isn't living up to its commitments.

TRIAL An alleged fraudster who calls himself the Chinese Warren Buffett said yesterday he needs legal aid to pay for his defence. Weizhen Tang, 51, is accused of running a $30-million Ponzi scheme that allegedly defrauded dozens of investors in Canada, the U.S. and China between January 2006 and March 2009.

METRO NEWS SERVICES

PSA
What's your number?
Talk to your doctor after age 40 about testing for prostate cancer, the most common cancer to afflict Canadian men.
whatsyournumber.info

Sign up for the World Partnership Walk
The Toronto portion of the World Partnership Walk, an initiative of Aga Khan Foundation Canada, will be held May 30. Participants can register at worldpartnershipwalk.com. METRO NEWS SERVICES

Food sleuth on the case

Nutritionist works to purge junk from clients' kitchens

Teaching her clients to become food detectives has earned Debra Basch some enemies, but most come around when they realize the bonuses.

The personal fitness trainer and holistic nutritionist says she has had several clients over the past 10 years who were working out, but they weren't losing weight or lowering their cholesterol. Plus they lacked energy.

Debra Basch

"So I decided to go where the crime originated — their homes," says the Toronto mother of two.

And what Basch found was one dirty little secret after another in the kitchens of those who agreed to participate in the makeover.

"In one kitchen cupboard, I discovered what I call a pandemic of puddings, chocolate bars, cookies and things that will last forever should they run out of fresh food," she says.

Her approach is to suggest to a client that she would like to spend about 90 minutes at their home to do some sleuthing and set parameters in how far the client will let her go in purging certain products she may find.

She finds a gentle touch is best. "Some people will shut down if I go to their home and hardline it, so I try not to be judgmental."

To demonstrate what she thinks her clients should be eating, Basch brings samples of empty containers from healthy products, such as whole-grain cereals, natural peanut butter, and probiotic and low-fat yogurts.

"They usually buy into it, especially when I say to start out slowly," she explains. THE CANADIAN PRESS

Graffiti legend behind street art?

DOWNTOWN It appears legendary British graffiti artist Banksy has left his mark on Toronto.

The Show and Tell Gallery blogged about several supposed sightings of the artist's street work, posting photos of mostly black-and-white paintings apparently found hidden away in downtown back alleys.

Top dollar
- Banksy's paintings and prints command six-figure prices at auction.

Distinctive for their satirical look at politics and culture, the pictures include a businessman with a sign around his neck that reads, "Will work for idiots," and another businessman with a sign reading, "0% interest in people."

Show and Tell director Simon Cole says he has it on good authority Banksy did the work and notes that the pieces are full of the artist's hallmarks.

"They seem to be in typical Banksy style," says Cole, adding it's the first time he knows of the elusive artist tagging a Canadian city.

"Certain pieces that have appeared in Toronto have also appeared elsewhere as Banksy's. I know one of them has also appeared in San Francisco about a week or two ago, which has been confirmed as Banksy's."

Little is known about the guerilla artist.

Although he's credited with innumerable rogue pieces around the world, he does not acknowledge the street art.

A Twitter account under Banksy's name posted photos to the images. THE CANADIAN PRESS

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Laura-May Todd and Stephen Buranyi are seen looking at a mural of a man with a sign saying, "Will work for idiots" in an alleyway behind a lawyers' office on Dundas Street West. Five or so street works believed to be by famed graffiti artist Banksy appeared in Toronto over the weekend.

Supply days scaled back for retired teachers

EDUCATION Retired teachers will be limited to working as substitutes for 50 days a year under new rules announced yesterday.

That almost cuts in half the allowable days for those in their first three years of retirement, which now stands at 95.

But for teachers who have been retired for more than three years, the 50 days is a huge bump from the 20 currently allowed.

It is estimated that hiring retirees for long-term positions has cost boards millions more in wages, given they command top price.

The new rules will be fully implemented by 2012. TORSTAR NEWS SERVICE

News in brief

BREAK-INS A Mississauga man has been charged with 50 residential break-ins even though the homes were protected by alarm systems. He is alleged to have stolen in excess of $800,000 worth of cash, electronics and jewelry during his elaborate spree. Ali Hussein Abu-Khalil, 45, was arrested Sunday. TORSTAR NEWS SERVICE

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Washington	Travel Jun 9 - Jun 16/ac	$279 + taxes & fees $118
Paris	Travel May 29 - Jun 6/ts	$319 + taxes & fees $361
Phoenix	Travel Jun 9 - Jun 16/dl	$349 + taxes & fees $126
Venice	Travel May 14 - May 22/ts	$399 + taxes & fees $314
San Francisco	Travel Jun 2 - Jun 9/dl	$399 + taxes & fees $129
Honolulu	Travel Jun 2 - Jun 9/dl	$499 + taxes & fees $124
Sao Paulo	Travel Oct 6 - Oct 20/dl	$729 + taxes & fees $195

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Las Vegas Air + 4 Nights $255
Imperial Palace + taxes & fees $245
INCLUDES accom on the Strip. Departs Jun 6/swg/wg.

Ottawa Canada Day & Jazz Festival
3 Nights 4-Star $288‡
Fairmont Chateau Laurier taxes & fees included
INCLUDES central accom during Canada Day & TD Jazz Festival. Departs Jul 1/ggv.

New York City Air + 3 Nights $469
Holiday Inn Manhattan 6th Ave + taxes & fees $99
INCLUDES midtown Manhattan accom. Departs Jun 2/ggv/la. ADD All Loops Double Decker Tour for $60.

New Orleans Air + 4 Nights $619
Holiday Inn Downtown Superdome + taxes & fees $112
INCLUDES airfare, 4 night accom at the Holiday Inn Downtown and complimentary shuttle bus service to French Quarter. Departs Jun 17/ggv/dl.
ADD Harbour Cruise with Creole Lunch for $36.

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Paris Air + 7 Nights 3.5-Star $839
Hôtel All Seasons Paris Bercy + taxes & fees $361
INCLUDES airport transfers and breakfast. Departs Jun 3/vat/ts.

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Varadero 7 Nights 4-Star	*Mecure Playa de Oro*	$305 + taxes & fees $220
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Santa Lucia 7 Nights 4-Star	*Brisas Santa Lucia*	$347 + taxes & fees $213
	Departs May 31/nol/c6.	
Punta Cana 7 Nights 4-Star	*Natura Park Beach Resort & Spa*	$395 + taxes & fees $330
	Departs Jun 4/swg/wg.	
Puerto Vallarta 7 Nights 4-Star	*Royal Decameron*	$397 + taxes & fees $281
	Departs Jun 3/nol/c6.	
Panama 7 Nights 4-Star	*Royal Decameron*	$467 + taxes & fees $243
	Departs May 31/nol/c6.	
Cancun 7 Nights 4-Star	*Oasis Cancun*	$485 + taxes & fees $287
	Departs May 31/swg/wg.	
Mayan Riviera 7 Nights 4-Star	*Viva Wyndham Maya*	$485 + taxes & fees $287
	Departs Jun 3/swg/wg.	
Jamaica 7 Nights 4-Star	*Holiday Inn Sunspree Resort Montego Bay*	$567 + taxes & fees $277
	Departs Jun 5/nol/ts.	

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Curtain falls on Hot Docs' biggest year yet
Hot Docs has wrapped its most successful festival to date with audience numbers reaching an estimated 136,000. The 11-day event, from April 29 to May 9, featured 275 public screenings of more than 170 films across Toronto, plus other events. METRO NEWS SERVICES

Ont. will lead recovery: Board

Ontario and British Columbia will lead a countrywide recovery from last year's downturn, despite the impact of a controversial new tax regime being introduced in both provinces, the Conference Board of Canada predicts in a new report.

Both will see their economies grow by 3.8 per cent in 2010 despite the fact they are also introducing the harmonized sales tax July 1 — moves expected to raise consumer prices and temporarily dampen spending, the private-sector economic forecaster said in its Provincial Outlook report published yesterday.

Overall, Canada's real gross domestic product is expected to be up 3.2 per cent compared with last year, which began with one of the deepest recessions in decades following the financial crisis that erupted in the final months of 2008.

The Conference Board expects growth to be even stronger in 2011, advancing to 3.3 per cent, as increasing private capital investment and improving trade with the United States offset subsiding federal and provincial government spending.

$2.3B

Ontario will garner an extra $2.3 billion in revenues from the HST by the end of 2014, but it has also set aside $1.7 billion to $2.5 billion in increased transfers to households and $1.3 billion in annual tax cuts.

"We have a positive growing picture for the country as a whole ... this year being the sort of front-end load," said Sabrina Browarski, a Conference Board economist.

Recovery in key trade sectors — manufacturing and autos in Ontario and forestry and construction in B.C. — will drive strong economic performances that will outlast a temporary drop in consumer spending when provincial sales taxes are added to goods and services that were previously exempt, Browarski said.

She added that new fiscal stimulus spending in B.C. and Ontario will help offset higher consumer prices when the HST kicks in.

THE CANADIAN PRESS

Woman found dead in store

STABBING Police are investigating a homicide in the city's north end after a courier stumbled upon a 61-year-old woman suffering from stab wounds at a dry cleaner yesterday afternoon.

The call came just before 1 p.m. from a dry cleaner's shop near Warden Avenue and Finch Avenue East when a courier was unable to find anyone inside Top A Dry Cleaners. The courier alerted a person in a neighbouring business and when the two re-entered the store, they found the woman bleeding from "visible trauma," said Staff Sgt. Karl Heilimo.

The woman was pronounced dead on scene, according to EMS officials.

TORSTAR NEWS SERVICE

News in brief

PHOTOS Ontario police chiefs want officers to have real-time access to Ministry of Transportation drivers' licence photographs. Some police cruisers have special equipment that allows officers to instantly compare a picture in the MTO database with a driver's licence photo, but it's only a pilot project.

THE CANADIAN PRESS

CRA revokes charity status

ORION The Canada Revenue Agency has revoked the charitable registration of the Toronto-based Orion Foundation after finding it issued receipts that far exceeded the value of the donations it received.

The agency says the foundation issued $91 million in receipts for medicine it says it received under a tax-shelter arrangement between January 2005 and December 2007. But the agency says records failed to prove the values recorded on the receipts were accurate, or that the property was actually distributed in the quantities claimed. It says some of about $1 million in cash the foundation received for its participation and tax-receipting abilities was used "for the personal benefit of directors." THE CANADIAN PRESS

Nightingale Award **Nurse honoured**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Credit Valley oncology nurse Carole Veenema, right, and patient Sharon Ingle look at the Toronto Star Nightingale Award in the atrium of the Credit Valley Hospital. Veenema was selected from among nursing nominees throughout the province to receive the award.

DVD maker turns to distribution

DIGITAL Worldwide CD and DVD manufacturer Cinram International is branching out from its base in physical disc media with plans to handle digital rights and distribution for both music and movies.

Chief executive Steve Brown made the announcement yesterday, but insisted the move wasn't intended to show less support for the plastic discs that are the backbone of its business.

"Cinram is a supplier and a deliverer of media, and as that (digital rights) metamorphosis comes, we will be doing it," Brown said.

"We're not being pioneers in this. What we will be rolling out is a digital method that works and works well."

Brown declined to elaborate any further, saying financial details would be revealed in the next two months, along with specifics on how exactly Cinram International Income Fund would handle digital content.

NATHAN DENETTE/THE CANADIAN PRESS

Cinram president and CEO Steven Brown addresses the company's annual general meeting yesterday.

Cinram has a diverse roster of clients including Universal's film and music divisions, Fox Home Entertainment, MGM, and Lions Gate Entertainment.

THE CANADIAN PRESS

Man dead after altercation with police

A man who was shooting out the windows of a home near Markdale, Ont., is dead after an apparent altercation with police. The case is now in the hands of the Special Investigation Unit, which probes cases of death, serious injury or sexual assault involving police and the public. THE CANADIAN PRESS

Canada

Canada on solid ground, Flaherty says

Finance Minister Jim Flaherty, left, says Canada's solid financial institutions — along with Ottawa's plan to move back to balanced budgets — provide protection against fallout from the European debt crisis. The European Union has just committed $1 trillion to contain a spreading government debt crisis, shore up the Euro and prevent the global economic recovery from derailing. **MORE COVERAGE, PAGE 12.**

THE CANADIAN PRESS

Pot Prince surrenders

A five-year battle by Canada's self-styled "Prince of Pot" to avoid extradition to the United States on drug charges appeared to be over yesterday.

The federal justice minister has ordered Marc Emery surrendered to American authorities, the final step in the legal process.

Emery, who was charged in the U.S. in 2005 in connection with his Vancouver-based seed-selling business, had turned himself in to sheriffs earlier in the morning to await the federal justice minister's decision. Within an hour, his lawyer received an answer.

"The justice minister has surrendered Mr. Emery for extradition," lawyer Kirk Tousaw said. "My anticipation would be (Emery would be sent to the U.S.) relatively soon, within the week possibly."

LYLE STAFFORD/TORSTAR NEWS SERVICE

Cannabis activist Marc Emery surrendered to U.S. officials yesterday and is expected to be extradited on charges related to his seed-selling business.

Emery has been out on bail since last fall, when he was released from custody while the federal justice minister made his decision.

He made a plea deal with U.S. prosecutors last year, agreeing to plead guilty in return for a five-year prison sentence.

Earlier in the day, Emery told reporters he's spent his life advocating for the legalization of marijuana. Then he walked into the B.C. Supreme Court building and presented himself to sheriffs.

American prosecutors allege he has sold about four million marijuana seeds through his magazine and website, and that 75 per cent of those went to customers in the U.S.

If extradited to the United States, Emery hopes he will be allowed to return to Canada to serve out his jail sentence.

THE CANADIAN PRESS

Canada's nudists happily embrace the changing nature of going au naturel.

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Mounties mull charges in alleged fraud case

MORTGAGES The RCMP say there's been no decision about whether police will investigate allegations of one of the biggest mortgage frauds in Canadian history.

The CBC quoted sources as saying the Bank of Montreal was told by police that they would not pursue the case, but RCMP Sgt. Patrick Webb says that's not true.

The Bank of Montreal has filed a massive lawsuit accusing hundreds of Albertans — including mortgage brokers, realtors and lawyers — of a sophisticated scheme that generated $70 million worth of phoney mortgages.

The Mounties and Calgary police have received more than 35,000 documents assembled by investigators at the bank. Webb said the commercial crime unit only received the paperwork 10 days ago and hasn't made its way through it all.

He said investigators need to thoroughly examine each document to check for signs of criminal intent, which will take some time.

THE CANADIAN PRESS

News in brief

PAROLE A man serving a life sentence for his role in the murders of three McDonald's restaurant workers in Cape Breton has had his unescorted leaves from prison extended by the National Parole Board. As of May 25, Darren Richard Muise can leave prison twice for up to 72 hours during the next 60 days.

THE CANADIAN PRESS

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Angora rabbits looking for new home in New Brunswick
The SPCA seized more than 150 angora rabbits from an Oromocto, N.B., residence a week ago. The animals have been distributed to shelters across the province and even in P.E.I. THE CANADIAN PRESS

Peace with Taliban possible: Kandahar governor

Afghan-Canadian urges patience from international community in reconciling divisions

An end to hostilities with the Taliban is within the realm of possibility, but it will take a strong show of patience from the international community before it can happen, the Afghan-Canadian governor of Kandahar province suggested yesterday.

Tooryalai Wesa, born in the province he now governs but a one-time resident of Coquitlam, B.C., said only time can erode the long-standing divisions between Afghanistan's insurgency and the country's long-suffering, much-maligned government.

Tooryalai Wesa

"It is possible, but it's not easy," Wesa said yesterday in an interview with The Canadian Press at his palace in Kandahar city.

"The international world has to be patient with us."

The peace process should run concurrently with efforts to establish security in Kandahar city, which is at the heart of a planned U.S.-led offensive this summer, said Wesa. His comments came on the same day President Hamid Karzai began four days of meetings in Washington in a bid to build political support for possible peace talks with the Taliban.

Two days earlier, the Taliban made it clear they considered the fight far from over, threatening to launch attacks across Afghanistan that would target Afghan and NATO military and staff and foreign contractors.

"I want to see any Kandahari, any Afghan, to have the life that people have in countries like Canada and the United States," Wesa said.

A peace conference, or jirga, is scheduled for later this month with the aim of eventually reaching a national consensus for reconciling with the Taliban.

The Taliban have made peace offers before, but always in private and often

Afghan detainee documents talks down to wire

- Talks aimed at averting a parliamentary showdown — and possible election — in Canada, over sensitive Afghan detainee documents are going down to the wire. Commons Speaker Peter Milliken gave the government and opposition parties until today to find a way for MPs to scrutinize the documents uncensored without jeopardizing national security. With the deadline looming, negotiators for all parties are to meet again early this morning for only the fourth time since Milliken's ruling two weeks ago.

Quebec backs away from national securities regulator

MONTREAL A single national securities regulator threatens thousands of Quebec jobs and weakens the province's economic development, a newly formed coalition of Quebec's business leaders warned yesterday.

The coalition urged Ottawa to back down on its plans as Finance Minister Jim Flaherty said he was just weeks away from completing the legislation creating the new entity.

Quebec Finance Minister Raymond Bachand said, "What the Quebec business community is telling Ottawa today and the rest of the country is that this is not a decision in the interest of the country."

A study prepared by consulting firm Secor said there are 300,000 direct and indirect financial sector jobs in Quebec, about half in Montreal. It found that creating a national securities regulator with headquarters in Toronto would "deprive Quebec of an important support for its economic development."

THE CANADIAN PRESS

News in brief

KAMLOOPS, B.C. Teachers in the Kamloops Thompson school district are appealing an order to remove black arm bands worn to protest Foundation Skills Assessment exams. The tests are administered to all B.C. students in Grades 4 and 7 to rate reading, writing and numeracy skills, but teachers say the exams don't accurately measure progress and strip valuable classroom time.

THE CANADIAN PRESS

Charest honours his late father with work

QUEBEC Quebec Premier Jean Charest offered a unique tribute yesterday to his late father, whom he described as his personal "giant": He went back to work in the morning.

Charest lost his father, Claude, over the weekend. But as the work week began, the premier returned to business as usual.

While his dad's funeral details were still being worked out, Charest was at a hospital funding announcement in Trois-Rivières. The premier's office said he would stick to his previously announced schedule.

"My father would have wanted us to get back to work and to keep working," Charest told reporters.

"My father was to me, in my life, a giant. There weren't any big decisions I made in my life without talking to him first."

"My father was to me, in my life, a giant."
Quebec Premier Jean Charest

The man nicknamed (Red) Charest passed away Saturday at age 87 in the family's home area of Sherbrooke, in southeastern Quebec.

Claude Charest was a one-time professional hockey player who played for Baltimore in the American Hockey League; he also owned the Manoir Orford hotel.

Charest's mother, Rita Leonard, died in 1978 of leukemia at age 48.

The premier described his father as a complex and extremely generous man.

"It's very painful to lose him," Charest said. "It's a great loss for me. I will miss him very much."

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

Premier Jean Charest sits by his father Claude (Red) Charest and arranges his tie after he was sworn in as premier at the Quebec legislature in April 2007. Charest's father died on the weekend.

Soldier faces eight counts related to sex assaults

A soldier charged in sexual assaults northeast of Ottawa has been remanded in custody until Thursday. Cpl. Christopher Raymond Chaulk appeared in court yesterday in Pembroke, Ont., to face four counts of sexual assault and four counts of assault. THE CANADIAN PRESS

Woman sues colonel for alleged attack

The "horrific and reprehensible" alleged sexual attack on a 21-year-old woman by Col. Russell Williams has left her fearful and suicidal, the woman claims in a lawsuit filed against the former CFB Trenton base commander.

The woman, identified only as Jane Doe, is also suing Williams' wife, Mary-Elizabeth Harriman, claiming Williams fraudulently transferred an Ottawa property to his wife in an effort to defeat Jane Doe's claim.

Williams has been criminally charged with killing two women, sexually assaulting another two woman and with 82 break-and-enter charges, some of which reportedly involved lingerie. The criminal charges have not yet been tested in court nor have the civil allegations. There is no indication Williams has filed a statement of defence.

During the alleged attack against Jane Doe, which left her sexually, emotionally and mentally traumatized, the woman was terrified Williams would kill her and/or her baby, she claims.

"The conduct of the defendant was harsh, vindictive, malicious, horrific and reprehensible," the statement of claim reads. THE CANADIAN PRESS

What the lawsuit claims

- The lawsuit, filed in Belleville, claims Col. Russell Williams broke into Jane Doe's home in Tweed, Ont., Sept. 17, 2009, at about 1 a.m. while she and her infant daughter were sleeping, and proceeded to hold her captive, sexually assault her and take naked pictures of her.

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Deep oil drilling in N.L. begins

CONTROVERSY Chevron has started drilling Canada's deepest-ever offshore oil well off Newfoundland as the province defends the project as economically crucial.

The government of Premier Danny Williams fended off concerns about oil spill technology at deep-sea depths — even as it vowed to independently review emergency procedures.

Opposition members asked worst-case questions as engineers scramble to contain a massive oil leak in the Gulf of Mexico.

"We're not going to shut down our offshore under these circumstances," Natural Resources Minister Kathy Dunderdale told the legislature yesterday.

"We have a degree of security, as much as one can rely on, that the proper measures and countermeasures are in place."

Exploration is "critical" to the oil industry that helps run Newfoundland and Labrador's economic engine, Dunderdale said.

"We will endeavour to learn more and do more as best practices evolve. But we do not see a rationale at this point in time for shutting down our offshore."

The Stena Carron drill ship has started work more than 400 kilometres northeast of St. John's. It's expected to take several months to dig a well 2,600 metres below the surface of the North Atlantic where rough seas and ferocious storms are the norm. THE CANADIAN PRESS

News in brief

NOVA SCOTIA A pit bull that threatened a father and son in Nova Scotia on the weekend had to be shot and killed by an RCMP officer. Const. Tamu Bracken of the RCMP said the pit bull was running loose and barking at the man and his son, who were trapped inside a vehicle. An RCMP officer came to investigate and the dog charged; Bracken said the officer feared for his safety and shot the animal. THE CANADIAN PRESS

Obama nominates solicitor general to Supreme Court
U.S. President Barack Obama nominated Solicitor General Elena Kagan to the Supreme Court yesterday, positioning the United States to have three women justices on its top court for the first time. THE ASSOCIATED PRESS

World

Myanmar warned on arms, election plans

A top U.S. official visiting Myanmar warned yesterday that its military regime should abide by UN sanctions that prohibit buying arms from North Korea, and also said the junta's election plans lack legitimacy. Kurt Campbell, left, assistant secretary of state for East Asia, read a statement to the press as he prepared to leave Myanmar after holding nearly two hours of closed-door talks with detained opposition leader Aung San Suu Kyi. THE ASSOCIATED PRESS

Down goes Brown

British PM to resign in attempt to keep party afloat

British Prime Minister Gordon Brown made a dramatic bid to keep his beleaguered Labour Party in power after it was punished in elections last week, announcing yesterday he will resign by September at the latest even if the Liberal Democrats — being wooed by the Conservatives — decide to join his party in government.

The political theatre, played out in front of the iconic black door of No. 10 Downing Street, comes as David Cameron's Conservatives — which won the most seats in Parliament but fell short of a majority — struggled in their attempts to win over the third-place Liberal Democrats.

Brown's party has been willing to entertain supporting the Liberal Democrats' demand for an overhaul of the voting system toward proportional representation, which would greatly increase that party's future seat tallies. But the evening brought a further twist with a counter offer from the Conservatives — a referendum on a less dramatic type of electoral reform.

While uncertainty prevails, one thing appears certain: The career of Brown — the Treasury chief who waited a decade for his chance to become prime minister — is winding to an end.

Gordon Brown

Brown, looking statesmanlike but resigned to political reality, accepted blame for Labour's loss of 91 seats in last week's election and its failure to win a parliamentary majority.

Brown said Liberal Democrat leader Nick Clegg had asked to begin formal coalition talks with the Labour Party. Clegg had previously suggested Brown's departure would likely be a condition of any deal with Labour.

THE ASSOCIATED PRESS

Contenders?

- Foreign Secretary David Miliband and Education Secretary Ed Balls will likely be leading contenders to succeed Gordon Brown as Labour Party leader.

Manila First presidential vote

THE ASSOCIATED PRESS PHOTO

Norhana Usman shows her finger with indelible ink after voting yesterday in the country's first-ever presidential elections in Manila, Philippines. Early results show Senator Benigno Aquino III, the son of democracy icons, leading in the presidential race. The poll said Aquino is leading with 40.19 per cent of the votes from about 78 per cent of the precincts, while his closest rival, ousted president Joseph Estrada, had 25.46 per cent.

Nations failing on biodiversity: UN

ECOLOGY A major UN report produced every four years finds the world is failing to meet its commitments to stem the loss of many species and areas key to the planet's survival.

The latest report of the UN Convention on Biological Diversity finds amphibians most at risk, coral reefs deteriorating most rapidly and nearly one-quarter of all plant species threatened with extinction.

THE ASSOCIATED PRESS

Government threats force Chinese AIDS activist to flee to the U.S.

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Imprisoned Americans in Iran allowed visitors

An Iranian state television channel reported yesterday that the families of three Americans arrested along the Iraqi border last July will be allowed to visit them in a Tehran prison. THE ASSOCIATED PRESS

Undersea oil spill could take weeks to control

GULF OF MEXICO A remote-controlled submarine shot a chemical dispersant into the maw of a massive undersea oil leak yesterday, further evidence that authorities expect the gusher to keep erupting into the Gulf of Mexico for weeks or more. Crews using the deep-sea robot attempted to thin the oil, which is rushing up from the seabed at a pace of about 800,000 litres per day.

THE ASSOCIATED PRESS

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A relative and a rescue miner Sergei Izvekov, right, are seen outside the Raspadskaya mine yesterday as they wait for news about their loved ones in the Siberian region of Kemerovo.

Hope dims for trapped miners

Rescuers searched the rubble of Russia's largest coal mine yesterday looking for 58 trapped miners.

But the head of the rescue operation said hope was dimming for finding them alive in the Raspadskaya mine, a city-sized maze of black tunnels.

The official death toll stood at 32 after rescuers recovered 20 more bodies from the Siberian mine shattered by two explosions over the weekend.

"The rescue work is continuing, but unfortunately the work is becoming more difficult," Emergencies Minister Sergei Shoigu said. "There is less hope of finding anyone alive."

Many of the dead were rescue workers who had gone into the mine after the first methane blast occurred just before midnight Saturday. There were 359 workers below ground at the time and the majority managed to get out.

Shoigu said rescuers had made it 1.5 kilometres into the mine when a second, more powerful blast occurred nearly four hours later, destroying the main air shaft and a five-storey building over the mine.

High levels of methane gas remaining in the mine raised fears of further explosions and prevented rescue workers from resuming their search until early yesterday.

A bigger danger is now posed by rising water levels deep in the mine. Rescuers have until tonight or tomorrow morning to reach about a dozen people presumed to be in two flooded locations.

The bodies of 12 miners and rescue workers were recovered Sunday, the Emergencies Ministry said. A further 20 bodies — 19 of them rescue workers — were found yesterday.

THE ASSOCIATED PRESS

News in brief

IRAQ Officials say at least 15 people have been killed by two separate bombings that hit the southern city of Basra, pushing the death toll for Iraq's worst day of violence this year to nearly 100. The worst attack of the day was a triple bombing in the Shiite city of Hillah, which killed at least 45 people and injured dozens more.

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Italian mafia rings raided by police
Police arrested 67 suspected mobsters yesterday, dismantling an alliance of Italy's main crime syndicates. THE ASSOCIATED PRESS

JEROME DELAY/THE ASSOCIATED PRESS

In this November 2008 photo, a Congolese government soldier (FARDC) stands guard by a UN truck at the Kibati checkpoint north of Goma, eastern Congo.

Peacekeepers urged to leave Congo by fall

More than a decade and billions of dollars after UN peacekeepers deployed to Congo during a civil war, the country's president, Joseph Kabila, wants them out.

The 20,000 peacekeepers tasked with guarding a country the size of Western Europe have been unable to protect civilians from a variety of rebel groups who kidnap children, rape women and decapitate enemies.

Some of the peacekeepers themselves are even accused of sexual abuse, gold trading and corruption.

The United Nations isn't signing off on a date for leaving, but UN Secretary-General Ban Ki-moon recommended they start with up to 2,000 troops leaving peaceful areas by June 30, which marks the 50th anniversary of Congo's independence from Belgium.

Information Minister Lambert Mende accused the UN of pretending "to help a people while trampling its dignity" and suggested it is trying to seize power in mineral-rich Congo.

But UN humanitarian chief John Holmes warned that violence may spiral out of control if the peacekeepers all leave.

Over the years, the UN mandate has grown more complex as rebel groups splintered and new ones emerged, including ones created by deserting Congolese army officers, drawing the ire of rights groups.

Congo's government and its ill-equipped and often unpaid armed forces have shown they are incapable of replacing the peacekeepers, known by their French acronym as MONUC.

THE ASSOCIATED PRESS

The mission

- 20,000 UN peacekeepers arrived in Congo in 1999, tasked with guarding the country during civil war and observing a cease-fire and withdrawal of foreign troops.

Brit guilty in Twitter bomb threat posting

ENGLAND A British man was convicted yesterday for uttering a threat on Twitter that he would blow up an airport.

Paul Chambers, 26, insisted his post on the micro-blogging site was a joke. But a judge at Doncaster Magistrates' Court in northern England found him guilty of sending an offensive, indecent, obscene or menacing message over a public telecommunications network and ordered Chambers to pay a $1,500 fine.

Chambers was arrested in January after he posted the message saying he would blow the Robin Hood Airport near the large town of Doncaster "sky high" if his flight was delayed.

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

EU goes to 'nuclear option'

Eurozone countries put up $1 trillion to contain debt crisis

The European Union put up a staggering $1 trillion US yesterday to contain its spreading government debt crisis and keep it from tearing the euro currency apart and derailing the global economic recovery.

Analysts said the huge sum supplied the "shock and awe" markets had been waiting for for weeks, at least in the short term, and the euro and stocks soared on the news.

European leaders negotiated into the early hours of yesterday before reaching a deal in which governments that use the euro would join the EU and International Monetary Fund in putting up 750 billion euros in loans available to prop up troubled governments.

The European Central bank will buy government and private debt to keep debt markets working and lower borrowing costs, a crisis measure dubbed the "nuclear option," while the U.S. Federal Reserve joined with other central banks in the effort, reactivating a currency swap program used during the earlier stages of the financial crisis to pump dollars overseas as short-term credit.

The overnight decision immediately jump-started markets worldwide. The euro immediately shot back to life and up to $1.30 US, recovering from Friday's 14-month low of $1.2523.

THE ASSOCIATED PRESS

The rich get richer: CEO stock bonuses ballooning as markets improve.

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Business in brief

PRINTING Commercial printer Worldcolor expects to improve its small but underperforming Canadian operations with a new management team and an overhaul, chairman and CEO Mark Angelson said yesterday. Worldcolor has already announced the consolidation of its Toronto-area magazine, catalogue and in-line direct mail operations into one, multi-purpose facility in Aurora, with the expected loss of 200 jobs.

CPP The Canada Pension Plan Investment Board has agreed to pay $663 million US to buy 45 per cent minority stakes in two office properties in the heart of New York City. The two properties have a combined value of $1.45 billion, including the portions that the CPPIB doesn't own.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Making a passion pay

AlisonOnMoney

Consider the contest queen. Her name is Carolyn Wilman, an Oshawa resident with a marketing background who's won everything from kilograms of Goldfish crackers to a trip to the set of a Harry Potter movie in England.

Wilman began entering contests not only for fun but to balance motherhood with the always important task of creating some income. In her quest for free goodies she even combed neighbours' recycling boxes for the pin codes on packages to enter manufacturers' website contests.

I know, you're thinking dumpster diver! But wait for what happened next. She parlayed her passion into a book, a dynamic website with tips (contestqueen.com) and a consultation service to companies to create and improve their promotion strategies.

Her story should be encouraging to those who've lost a job, are reluctantly considering a return to work after having a baby or who are just plain sick of the rat race and want to do something different.

If you count yourself among the above group then I suggest you start by doing an inventory of your life. List your skills, hobbies, passions, education, training and resources. Then start thinking about how you might meld these interests and strengths into something that can make you some money and feed your soul. But be practical! Don't expect to quit your day job tomorrow.

Alison's Money Rule:

- With a little creativity and a lot of determination it is possible to make your passion pay.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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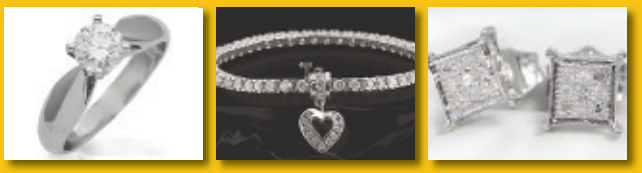

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Comment

Black cloud hovering once again

It was just a year and a half ago that Liberal Jean Charest won a majority government in Quebec. That was nice, we all thought. All was well with federalism. The separatist movement would be on its derriere for many more years to come. The next election wasn't due until 2013.

As for Charest, it was smooth sailing. He was doing so well that there was talk of him leaving the provincial scene one day and perhaps returning to Ottawa. He was a former Tory leader and could perhaps become leader of that party again.

Or, being a Liberal, he could perhaps lead that federal formation.

Politics being politics, all has gone awry. Charest is in the dumpster, the Parti Québécois is leading in Quebec, an election could be called within a year or two, and the separatists could be back in power.

In politics, two things can rock a government — scandal and a bad budget. One is punishing enough. Get two in the same time frame and look out.

That's what has happened to Charest's Liberals. They've had both.

Given that the setbacks have happened early in his five-year term, there would normally be time to recover. But that's not necessarily the case. The Liberal majority in Quebec is razor thin. The National Assembly has 125 seats and Charest has 66 of them.

But discount the Speaker, a member with cancer and a member who has just been expelled and he's down to 63, a one-seat majority. Given a defection or two, or byelection losses, and the majority is gone.

Charest has launched an inquiry into allegations by his former justice minister that the appointment of judges was being dictated by Liberal bagmen. Last week came another bombshell when Charest expelled Tony Tomassi, a cabinet member caught up in allegations of kickbacks.

Before all this, Charest's belt-tightening budget, designed to attack the deficit, squeezed too tight on most stomachs and was met with public scorn.

The latest poll shows Pauline Marois's Parti Québécois winning a majority with 41 per cent of the vote. The Liberals are at 30 per cent. It need be remembered also that the separatists are doing well at the federal level with the Bloc Québécois holding a big lead over federalist formations.

For many years, the sovereignty option has been dormant. It was a pleasant respite. The country was able to get on with other things without that black cloud overhead.

But so much for the respite. In the space of a couple of months, the black cloud has returned.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

Hookah use worries anti-smoking forces

A new fad is threatening to undercut the hard-fought gains of laws that have placed strict limits on smoking in public, experts say.

The smoking of hookahs — waterpipes evocative of Cairo's Kasbah or a Saharan oasis — is surging in popularity among young adults, research suggests.

And in a number of places, laws aimed at keeping bars and restaurants cigarette-free don't ban the aromatic smoke swirling from these exotic waterpipes, which are sometimes known as shisha, narghile or hubble bubble.

"From a public health standpoint, we really do need to nip this in the bud before we've got a hookah lounge on every corner," says Pippa Beck, a policy analyst with the Non-Smokers Rights Association.

"It really is a problem, and certainly for young people who otherwise wouldn't smoke cigarettes. They seem to think this isn't a big deal."

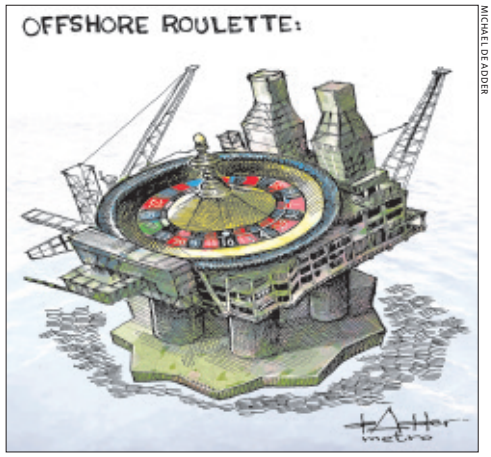
A new study on hookah use by young adults in Quebec suggests Beck's assessment is on track. The study was published yesterday in the journal Pediatrics.

The work, by a team at the University of Montreal that has been studying smoking in Quebec teens for years, shows that about 23 per cent of 871 study participants reported smoking a waterpipe at least once in the previous year.

While most reported smoking hookahs only on rare occasions, about four per cent of the participants said they smoked hookahs at least once a month.

Though anti-smoking laws are making cigarette smokers virtual pariahs, paradoxically hookah smokers can and do indulge in bars and restaurants.

THE CANADIAN PRESS



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Texans owner says he knew Cushing had 'issue' with league

Houston Texans owner Robert McNair said he knew during the 2009 season that linebacker Brian Cushing had "an issue" with the NFL, but had no details from the league of what it concerned. Cushing was suspended by the league last week for violating its steroid policy. THE ASSOCIATED PRESS

Sports

Canada loses its captain

Ryan Smyth is out of the IIHF World Hockey Championship. The Canadian captain, left, missed yesterday's 6-1 win over Latvia due to an ankle injury and the team said after the game he would not return to the lineup for the rest of the tournament. Coach Craig MacTavish indicated that a new captain would likely be named. THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Two goalies, one shutout

Leighton picks up where injured Boucher left off for Flyers

(Boston leads series 3-2)

Flyers 4 **Bruins** 0

VS

Michael Leighton came off the bench after Brian Boucher was injured and made 14 saves to complete the combined shutout on Monday night, leading Philadelphia to a 4-0 victory over the Boston Bruins and helping the Flyers avoid elimination in Game 5 of the best-of-seven Eastern Conference semifinals.

CHARLES KRUPA/THE ASSOCIATED PRESS

Philadelphia Flyers left-winger Scott Hartnell, right, watches the puck fly past Boston Bruins goalie Tuukka Rask last night in Boston. Ville Leino, centre, was credited with the goal.

Boucher left after injuring his knee at the bottom of a pileup in the crease at 4:35 of the second period. Leighton, who had been the starter before he was injured on March 16, made his first career playoff appearance and finished off the first combined shutout in the Flyers' post-season history.

Simon Gagne, who scored in overtime to win Game 4, scored two goals, and Ville Leino had a goal and an assist to help the Flyers force the series back to Philadelphia for a sixth game on Wednesday night. If they win, it's back to Boston for a decisive Game 7.

The 1942 Toronto Maple Leafs and the 1975 New York Islanders are the only NHL teams to come back from a 3-0 deficit to win a best-of-seven playoff series. THE ASSOCIATED PRESS

Red Sox walk away with win as Morrow suffers meltdown

MLB RESULTS

Blue Jays 6 **Red Sox** 7

VS

Brandon Morrow set a Toronto Blue Jays record by walking five batters in one inning as the Boston Red Sox scored four runs in the second and went on to a 7-6 win last night.

The Red Sox needed just one hit in that inning to take the lead, a cushion that came in handy when John Lackey (4-1) struggled through six innings before three relievers held the Blue Jays hitless. Jonathan Papelbon worked the ninth for his ninth save in nine chances.

Boston trailed 4-2 heading into the second and led 6-4 after the wild streak by Morrow (2-3).

Dustin Pedroia's RBI single made it 7-4 in the third. Jose Bautista hit a two-run homer, his seventh, to cut it to 7-6, but Toronto lost for the second time in nine games. Boston is 6-2 in its last eight.

Morrow had tied the club record of four walks in an inning April 9 in his debut with Toronto after being traded by Seattle Dec. 23 for Brandon League.

In 35 innings this season, Morrow has 26 walks and 46 strikeouts. In his previous two starts, he struck out nine batters each time, a career high. On Monday, he had four strikeouts and allowed three hits in 1⅓ innings. THE ASSOCIATED PRESS

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LPGA golfer dies: Report
Police and an agent for Erica Blasberg, 25, say the LPGA Tour golfer died Sunday, although no details were released. THE ASSOCIATED PRESS

Habs not done yet

(Series tied 3-3)

Penguins 3 Canadiens 4

Michael Cammalleri scored his 10th and 11th goals of the playoffs as the Montreal Canadiens staved off NHL playoff elimination with a 4-3 victory over the Pittsburgh Penguins last night.

The defending Stanley Cup champion Penguins had closed out five straight playoff series on the road, but with the best-of-seven series tied 3-3, they will now have to try to take this on home ice in Game 7 tomorrow night.

Defenceman Jaroslav Spacek, back after missing nine games with a virus, scored and Maxim Lapierre added the eventual game winner in the third period for Montreal, which entered the playoffs as the eighth and last seed in the Eastern Conference.

The Canadiens will play a seventh game for a second series in a row after taking top-seeded Washington the distance in the opening round.

Montreal defenceman Hal Gill, who left Game 5 after suffering a skate cut behind a knee, sat out and perhaps not coincidentally, Pittsburgh star Sidney Crosby ended his six-game scoring slump. More than 70 per cent of Crosby's shifts had been against the rangy Gill.

Kris Letang and Bill Guerin had the other goals for the Penguins. Pittsburgh outshot the Canadiens 37-25. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Pittsburgh Penguin Bill Guerin skates past as the Montreal Canadiens celebrate Jaroslav Spacek's goal last night.

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Memorial Cup coming to Mississauga

The St. Michael's Majors will play in the Memorial Cup for the first time since 1961 when Mississauga hosts the hockey tournament in 2011. THE CANADIAN PRESS

'Zero connection'

Woods says neck pain has nothing to do with car crash

Tiger Woods insists there's "zero connection" between the neck spasms playing havoc with his golf swing and his Nov. 27 car accident.

Woods said during a news conference yesterday that his neck started bothering him two weeks before the Masters, his first competition in five months. He brushed it off as "no big deal" and believed he could play through the pain.

That changed Sunday at The Players Championship, where Woods' creaky neck locked up. That prevented him from making his usual forceful turn on the ball on even a routine shot, and he was forced to withdraw after six holes.

"I'm at a point now where I just can't go anymore," he said.

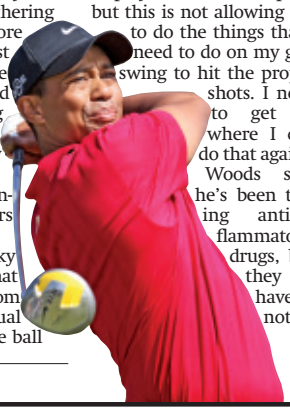
"I want to practise, I want to play, I want to compete, but this is not allowing me to do the things that I need to do on my golf swing to hit the proper shots. I need to get to where I can do that again."

Woods said he's been taking anti-inflammatory drugs, but they have not helped. He plans to have an MRI when he returns to Orlando.

In November, Woods was briefly hospitalized after he crashed his Cadillac Escalade into a fire hydrant and a tree outside his home, resulting in a sore neck and a cut lip.

Yesterday, Woods insisted he can deal with the sharp, shooting pain, which he feels in the right side of his neck, but cannot deal with the spasms that affect his ability to turn his head.

"For me not to play all 18 holes, that was as angry and as frustrated as I've been in a long time," Woods said of Sunday's abbreviated round. It was his first withdrawal from a tournament since the Nissan Open at Riviera in 2006.



Tiger Woods

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS
N.Y. Yankees at Detroit
Toronto at Boston
Tampa Bay at L.A. Angels

YESTERDAY'S NL RESULTS
Cincinnati at Pittsburgh
Washington at N.Y. Mets
Florida at Chicago Cubs
Atlanta at Milwaukee
Philadelphia at Colorado
L.A. Dodgers at Arizona

NHL PLAYOFFS

YESTERDAY'S RESULTS
Montreal 4 Pittsburgh 3
Philadelphia 4 Boston 0

NBA PLAYOFFS

YESTERDAY'S RESULTS
Orlando at Atlanta
L.A. Lakers at Utah

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Know the real costs

JON TATTRIE
for Metro Canada

New students at college or university may think tuition plus rent equals the total cost of studying, but experts warn of hidden expenses that can increase costs by as much as 30 per cent.

Jeannine Mitchell, publisher of Studentfinance101.org, says the interest on student loans adds often uncalculated long-term costs. It may be interest-free while you're studying, but a government student loan can rise to 7.75 per cent interest when you've graduated.

"If students borrow $20,000, they often think that is what they will repay. But when you factor in the interest costs, that may be a $30,000 loan — or more," she warns. That goes for groceries and nights out tucked away on your credit card, too, and you won't get a school-years reprieve on that interest.

A four-year degree often takes five or six years as students change programs, get sick, or just have a hard time getting the required courses to line up. That will jack up the costs of living in an unplanned way, she says.

She recommends students stay at home, if that's an option, or consult with their parents or older siblings to get a realistic idea of how much it costs to live independently.

"If students borrow $20,000 ... when you factor in the interest costs, that may be a $30,000 loan — or more."
Jeannine Mitchell, Studentfinance101.org

Kavita Joshi of the Royal Bank of Canada says "insidious costs" can quickly run up. That includes easily avoided time-management issues like spending money on lunch every day instead of packing one the night before.

She points students to the Better Student Life calculator (betterstudentlife.ca/Calculator.html), which tells students how long their money will last. A recent poll found 35 per cent of students would run out of cash by Christmas.

"We can't influence the tuition reality, but we can as bankers … have a fulsome discussion to help (students) get a good understanding of their financial reality and think of some of the additional costs," she says.

Tom Hamza of the not-for-profit Investor Education Fund (GetSmarterAboutMoney.ca) has seen students, overwhelmed by mounting debt accrued buying books, computers and just paying the bills, drop out, meaning they don't get that degree or diploma and lose what money they've invested.

He urges students to sit down with the "big b-word": Budget. "When you do that, you're much more comfortable with the level of debt you assume," he says. "It's an investment in yourself and you shouldn't despair."

Keep student spending in line over the summer

GetSmart

The need for budgeting doesn't stop when the school year ends; there can be temptations to take trips and spend cash carelessly during the summer months. It's important to remember the money you make now is going to support you during the next school year and can make life easier after you graduate.

I've seen the stress friends of mine have experienced after graduation: The years of hard work and dedication leading to that dream job are overshadowed by the realization of their debt. One of my friends recently graduated with an undergraduate degree and a $60,000 student loan debt. He's looking for work, but for him the paycheque is what matters most now. The reality is that he will be in debt for many years. If this sounds like a scenario you might find yourself in, it's not too late to focus on using your summer to find work and keep your student loan debt manageable. But you need to have a plan and be strict about following a budget.

For many, student loans are a necessity in order to invest in the future. But it's important to only spend what you need. Students are commonly under financial constraint, so when you hear the expression "living like a student," embrace it. Being a student is your chance to live within a limited budget without the pressure to spend.

Keep up your student living throughout the summer and save your earnings so in September your bank account will be ready to help you through the year. By keeping your debt low, you will be able to afford "living like a graduate" sooner.

Jacqueline Hansen is a student ambassador at Seneca College.

Student loans or RRSPs? Do the math

University graduates typically leave school nowadays with a degree and some debt (which is often in the form of student loans). Although retirement may be a long time away, the question of whether to start an RRSP or focus on paying down one's student loan is an important one.

Start your RRSP sooner than later

"I think it's not an either or, it's an and (situation)," says Patricia Lovett-Reid, the senior vice-president for TD Waterhouse Canada.

With the roles compound interest and time play in building up an RRSP, it's ideal to start one sooner rather than later, while at the same time paying off debt.

However, if a person's financial situation doesn't allow for it, the focus must be on paying down debt.

To make the decision, it's crucial to do the math.

"How much does it cost you to have borrowed the money versus if you invest it with time and compound interest working for you? How much further ahead will you be?" says Lovett-Reid.

For someone with credit card debt, this is a no-brainer because credit cards typically have interest rates of 18 per cent or more.

"If you're only getting six to eight per cent on your investments, it's a pretty easy decision," she says.

"You're going to apply any extra money you have to the highest paying debt because you want to retire that sooner."

Lovett-Reid recommends people speak with a financial planner to figure out the numbers and determine what's best for their individual circumstances.

The amount of risk a person is comfortable with will also help determine what they do, says Ryan Churchill, a financial planner with BMO in Halifax.

For someone who is risk averse, he says they're probably going to focus on paying down their student loans because they're not going to achieve a significant rate of return on a guaranteed investment certificate (GIC).

But he cautions if people wait until they're debt free to save, they probably won't.

"Most people always have debt," says Churchill. "If you wait to pay off the debt before you save, you'll never save."

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Learning Curve is a special feature that focuses on education and student life.

Global security focus of new U of T centre

RICK McGUINNIS
for Metro Toronto

With the G20 Summit about to overtake Toronto, the timing couldn't have been more perfect for the announcement of a new research centre at the University of Toronto devoted to studying the world of international political, economic and social anxiety.

The Canada Centre for Global Security Studies was created with a $25-million grant from the federal government, and a statement from Prime Minister Stephen Harper that "this new centre will help us develop deeper expertise in addressing global security concerns."

The new centre focuses on "the intersection between global security and cyber espionage, global health and region-specific concerns."

The centre was created with $25M from the feds

The centre is the latest appendage to the ever-expanding Munk School of Global Affairs, the international studies facility that became the home to the Trudeau Centre for Peace and Conflict Studies a year ago. Janice Gross Stein, the director of the school, says while there are programs devoted to national security and military affairs across the country, U of T can now claim a unique position to train the professionals who will be needed to work across borders, after doing degree work that will take them out into the world.

While the Munk School is "a mixture of undergraduate and graduate studies" according to Stein, the new two-year masters program is centred around a summer that sends students abroad to postings in Asia, Mexico and Turkey to gain work experience at NGOs, foundations and international institutions — a facet of their studies Stein calls "a critically important part of the program."

"...This new centre will help us develop deeper expertise in addressing global security concerns."
Prime Minister Stephen Harper

Munk School patrons Peter and Melanie Munk endowed the school with a $35-million gift earlier this month, part of which will help establish the Canada Centre for Global Security Studies, in addition to the hiring of new faculty and the construction of new facilities at the school's home at U of T's downtown campus. Echoing the Munk School's partnerships with university's law school and the Rotman School of Management, the centre is meant to be interdisciplinary, with what's described as a focus on "the intersection between global security and cyber espionage, global health and region-specific concerns, such as the Arctic, post-Soviet Europe, the new Asian powers and the changing face of the Americas."

A glass environment

EVA LAM
for Metro Toronto

During a trip to Italy several years ago, Silvia Taylor observed a Venetian glass master hot sculpting — a delicate, labour-intensive process involving the gathering and shaping of molten glass using special tools. It was the moment she realized what glass could offer.

"It was really inspiring and something I could relate to, coming from the drawing and design aspect of art as well as the hands-on," she recalls.

A prototype of the winning glass design by Silvia Taylor.

Now enrolled in Sheridan College's crafts and design program for glass, Taylor is already receiving recognition for her work in bridging those two worlds. The second-year student was announced last month as the winner of the Watershed Award Design Competition, presented by the Insurance Bureau of Canada (IBC) and the Federation of Canadian Municipalities (FCM).

The Watershed awards were created to recognize Canadian municipalities that have demonstrated leadership in efforts to reduce their vulnerability to storm and wastewater damage. Each of five winning municipalities will receive an award created by Taylor at a Toronto ceremony May 29.

For Taylor, her decision to enter the design competition had a personal connection: "Both my parents worked with environmental issues." Over two weeks, she brainstormed and produced rough sketches of ways to match the meaning of the award with visual elements.

Her final design proposed a sculpture of transparent blue glass that would include a background of "waves," with a sandy texture to evoke the concept of water and erosion. The majority of the structure would be polished with crisp edges to represent the barricades that are used to prevent erosion.

Taylor's proposal took top prize among nearly a dozen submissions from Sheridan glass students. Judges from the IBC and FCM lauded her design for being "simple" and "elegant."

The awards are being crafted by Taylor and a small team of Sheridan peers and faculty in the school's studio.

Koen Vanderstukken, professor and glass studio head, says competitions like this can give students valuable real-world exposure. "You can show everything in theory, but it's only when you really get into the practical, everyday reality of running a business or applying for an award or whatsoever, that you get confronted with all the little specific details."

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LEYLA EMORY
for Metro Toronto

Dennis Raphael knows who gets sick and why. But to make it better he needs you to know, too.

So the professor at York's School of Health Policy & Management teamed up with visiting scholar Juha Mikkonen to produce a free public primer. Social Determinants Of Health: The Canadian Facts is a 62-page report suggesting the primary factors shaping the health of Canadians are not medical treatments or lifestyle choices, but living conditions.

"We've been trying for years to put out something for the public," says Raphael, "because the average person doesn't go to Health Canada's website or the Canadian Public Health Association website."

Raphael credits his tech savvy co-author in helping to get the message out. "With Juha visiting from Finland, I came across someone who not only had the content expertise, but was also able to master the desktop publishing and setting up of the website. Now when someone asks what it's all about, instead of directing them to a World Health Organization report of 300 pages or my textbook of 600 pages, they can be directed to an accessible document."

Since its launch April 28, thecanadianfacts.org has had more than 5,486 visitors, says Raphael.

Income, housing and social exclusion are three of the 14 social determinants of health the report identifies and seeks to improve. The notion that living conditions affect health is not new, but for some reason Canada has been slow to implement it into public policy, according to Raphael.

A York professor is getting his social health message out to the masses with a new website determining the factors that make us sick.

"I'm not making this up. If you were to type in social determinants of health you'd see that for 30 years Health Canada has been putting this stuff out. So this is really commonplace accepted information, but it's been more acted upon in Europe and Australia at this point."

Not surprisingly Raphael and Mikkonen looked to Europe as a model. In 1998, the World Health Organization's European office put out Social Determinants Of Health: The Solid Facts. Reissued in 2003, the document was able to influence public policy in Europe, according to Raphael.

"Our thinking was that if they could do that in Europe and get the word out maybe we can do it Canada … until the Canadian public begins to understand how important these issues are there won't be enough pressure on elected representatives to address the challenges that Canada is facing."

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No bull in Humber grad's design

Red Bull Beer's new look is all thanks to Humber College graduate Roger Tsang's winning design.

The raging bull logo was created by Tsang as part of a competition set up by Sleeman Breweries last fall, which tasked students in their final year of Humber's package and graphic design program to create a new, fresh logo for its Red Bull Beer brand.

Tsang says beyond the satisfaction of having his design printed on beer bottles for years to come, winning the contest helped him score his current job at Rayment & Collins, a supplier for Sleeman.

"It's a good feeling to have my design chosen. This contest helped enhance my portfolio and credentials," Tsang said.

Tsang used a simple, striking design with a cartoon-styled look for the beer's trademark bull.

"I'm always the type to get inspired by creativity and I wanted to keep the design fun with some humour in it. I kept the design simple and fresh looking," Tsang said.

Red Bull beer's new look was designed by Humber grad Roger Tsang.

Keith Gillespie, national marketing director for Sleeman, said picking a winning design was much harder than expected, but Tsang's creation really stood out with its eye-catching look and feel.

"It was an intense competition, but Tsang's design best demonstrated Red Bull's core brand elements of masculinity, intensity and energy in an interesting and compelling way. His choice of colours will provide on-shelf impact," Gillespie said.

Humber College associate dean Toby Fletcher says the contest was a great way for students to get real client experience in a challenging industry starved for talent.

"Packaging has tremendous regulations, so it does require very creative minds. We have more employers seeking these graduates than I have graduating," Fletcher said.

Tsang gives credit to the other designs created by his classmates, though he is proud of what he achieved.

"The other nominees weren't that far off in design and feel. Sleeman told me the bull chewing on the wheat really sold (my design). It's nothing overly dressed up and fancy — it says, 'Hey, give me a shot, try me,' and it jumps out at you," Tsang said.

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OCAD's Earth Day connection

KEITH CARMAN
for Metro Toronto

"I'm especially fond of the Tasmanian Devil," admits Jody Hewgill, faculty of design instructor at the Ontario College Of Art And Design (OCAD) and creator of the U.S. Department of State's 2010 Earth Day poster. "I've been enamoured with this little critter ever since seeing the animated incarnation on Bugs Bunny."

While it seems strange that a cartoon character might inspire one of the year's most important, powerful images, the Torontonian's connection with childhood hilarity and global dilemmas is actually quite obvious. This troubled species — cancerous tumours threaten their existence — is one of many endangered faunae and florae Hewgill has represented on the poster, a creation that is as profound as it is beautiful.

Yet despite being commissioned for many prestigious works from a plethora of notable international clients in her 22 years as a professional, the decorated artist is shockingly humble.

"I'm terrible at promoting my work, and even worse at promoting myself in Canada," Hewgill concedes. "I have worked for several Canadian magazines; done a few Canadian book covers … (but) I'm most interested in assignments that are both creatively challenging and are personally meaningful. I couldn't work on an assignment that I didn't believe in."

As for the Earth Day poster, it was a massive undertaking from commission to completion. After countless weeks of researching the world's ecosystems and settling on a prominent image (selecting the Iberian Lynx because of its lack of representation and endangered status), Hewgill was clearly immersed in/inspired by Earth's biodiversity.

"My sole ambition for this piece was to create an image that will resonate with people, something that is interesting enough for someone to spend a few minutes looking at the piece and reflecting on the wonder and fragility of our planet."

To purchase a copy of the poster, visit jodyhewgill.com.

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New stroke program launching at Ryerson

ERIC EMIN WOOD
for Metro Toronto

"(The program will tell) people how to look at the emerging science, how to critically use it, review it, keep their practice up-to-date. We're not giving people fish, but teaching them how to fish."
Paula Mastrilli, program co-ordinator

According to the Heart and Stroke Foundation, some 300,000 Canadians live with the effects of a stroke. Yet many in the health-care community are ill-equipped to care for patients or their families, or have access to the latest medical breakthroughs when treating them.

With this in mind, Ryerson's Chang School for continuing education co-developed, with members of the Sunnybrook Health Sciences Centre and the North & East GTA Ontario Stroke Region and Network, a certificate program in advanced neuroscience-stroke care, which officially launches this fall.

Courses include brain structure and cognition, which looks at how the brain is structured and how damage to its various parts affects a person's understanding and behaviour, and critical appraisal of evidence, which teaches students how to evaluate new findings and apply them in practice.

"These courses aren't telling people what they have to do to take care of stroke patients today," says Paula Mastrilli, the program's co-ordinator. "They're telling people how to look at the emerging science, how to critically use it, review it, keep their practice up-to-date. We're not giving people fish, but teaching them how to fish."

The program's six courses have been designed as a hybrid of distance education and video conferencing, says Mastrilli. Each course is 12 weeks in length, with an online module each week, and four and a half video conferences. The conferences emphasize teamwork and interdisciplinary problem solving.

"All health professionals learned their profession in their specialty," Mastrilli says. "Nurses in nursing, physio learned physiotherapy. It's been a struggle to redesign education that basically says in order to deliver health care, you have to practise together."

To apply, students "basically need to be health professionals with a minimum baccalaureate degree," Mastrilli says. "We'll consider others — sometimes people come forward who don't have a degree in a regulated health profession, but they're part of a team and they're working with people with strokes, so we accept them."

For more information, visit ce-online.ryerson.ca.

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Queen's projects $4-million shortfall
At a meeting last month, Queen's University's board of trustees approved the institution's 2010-11 budget, which projects a $3.8-million deficit. METRO NEWS SERVICES

Workology

McMaster cuts 20 jobs

About 20 people working at McMaster University have lost their jobs, and another 30 to 70 staff reductions are necessary, according to the university's vice-president of administration. McMaster is consulting its unions and labour groups about plans for the remaining layoffs, which are expected in the next few months. The institution is trying to make cuts to its workforce without affecting the quality of education or research, meaning most of the cuts are coming from service areas. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Arty meets trendy on Queen W.

It was cheap with character, now it's 'expensive with substantially more character'

Small Business City

RAFAEL BRUSILOW
for Metro Canada

A haven for artistic types with money and independent businesses with moxie, the western stretch of Queen West is bursting with character and still as intriguing as it is trendy.

Don't miss Spaces and Places!

West Queen West will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

Often referred to as West Queen West, the section of Queen Street West that runs between Bathurst and Dufferin streets features more than 300 businesses centred largely on creative pursuits like fashion, design and art.

When Kalsang Dolkar opened the Tibet Shoppe (664 Queen St. W.) almost two decades ago selling clothing and other items from her homeland, she was one of the only stores of her kind in the city.

"Eighteen years ago there were not many Tibetan stores. I just wanted to share my culture and bring awareness of Tibet to Canadians. The Tibetan population in Toronto has grown about six times since then and I've been here so long people know where I am," Dolkar said.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Now several Tibet restaurants share a jam-packed streetscape of independent fashion, food and artistically inclined businesses along the Queen West stretch — a far cry from the area's humble beginnings.

"Queen West was run down in those days and there were a lot of empty retail spots — I had my pick of any location. Now it's become very trendy, there are a lot more interesting stores and people are making the trip down here to shop," Dolkar said.

"I just wanted to share my culture and bring awareness of Tibet to Canadians."
Kalsang Dolkar (pictured) owner of Tibet Shoppe (664 Queen St. W.)

Vinyl-record mecca Rotate This (801 Queen St. W.) has been in several locations on Queen West since 1991 and owner Pierre Hallett says the area has always drawn a lot of attention for its individuality, even back when he originally opened.

"Queen West was cheaper and it had more character; now it's more expensive with substantially more character," Hallett said.

While veterans of the Queen West scene like Hallett and Dolkar have seen the area transform over time, relative newcomers like Joanne Saul have entered the neighbourhood to take advantage of its cultural cachet.

CONT. ON NEXT PAGE>>

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uAlberta proposes $50-million health and wellness centre
A new Students' Union Physical Activity and Wellness Centre is in the works at the University of Alberta. In February, the university's student body agreed to a non-instructional fee to support the centre. METRO NEWS SERVICES

<<CONT. FROM LAST PAGE

Saul co-owns the independent bookstore Type (883 Queen St. W.), which opened four years ago and says Queen West's strong sense of community is what makes a store like hers — and other independent businesses — possible.

"It's a neighbourhood full of artists, writers and community-minded people. Like most independent bookstores we're community focused and it's the kind of neighbourhood that could support an independent bookstore in the first place. There's such a neat mix of businesses here," Saul said.

While Saul is worried rising rents have forced some stores out of the area, she's happy the area's sense of individuality is still strong.

Further west at the iconic 120-year-old Gladstone Hotel (1214 Queen St. W.), manager Ann Powell says Queen West is the quintessential artist's retreat and the area's popularity has made it a strong place to do business.

"It's an artists' district now, you can see the artists' industry east and west. Foot traffic is big here. Queen West is just so thriving," Powell said.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Music shop Rotate This, left, has moved around frequently within the confines of West Queen West since 1991 — and currently sits at 801 Queen St. W. — while The Gladstone Hotel, middle (1214 Queen St. W.), has a 120-year history in the area. Joanne Saul, owner of Type, right (883 Queen St. W.), says the reason her store — an independent bookstore — thrives is the area's strong community.

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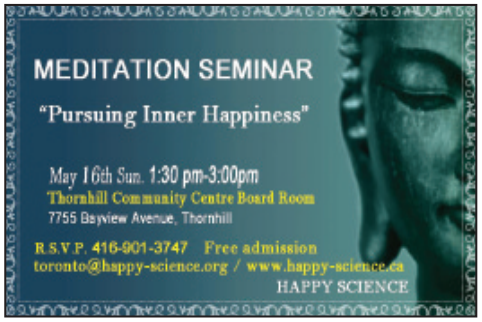
Babies with three biological parents could stop children from inheriting severe diseases, reports timesonline.co.uk. Scientists at Newcastle University have successful grown human embryos by merging DNA from two fertilized eggs correcting faulty "cellular batteries" that cause genetic disorders. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA



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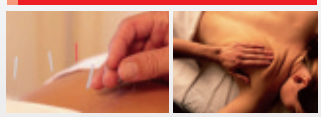

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Not all body fat is created equal

CELIA MILNE
for Metro Canada

ISTOCK

Visceral fat is more dangerous than "regular" fat as it produces its own hormones, affecting metabolism and increasing blood fat levels.

If you have thin hips and a big belly — the famous muffin top — you're probably more at risk for disease than someone with a big bum and a small waist.

While you can't change your shape, you can shave off that belly fat by running and walking.

The dangerous fat is visceral fat, which lurks inside us, padding the spaces between our abdominal organs. It's far more sinister than regular (subcutaneous) fat, which lies between the skin and the abdominal wall — and jiggles when we move.

"Belly fat is more biologically active than skin fat, meaning it doesn't just sit there — it produces hormones and other chemicals that affect metabolism by increasing blood fat levels, promoting diabetes and high blood pressure," says Dr. Arya Sharma, a doctor in Edmonton and scientific director for the Canadian Obesity Network.

He points out that visceral fat can cause thickening in the arteries leading to the heart. And in his blog (drsharma.ca) he mentions that visceral fat can also cause thickness in the arteries that lead to the brain.

Two studies — one from Korea and one from Ireland — found that those with visceral fat had thickened carotid arteries. This puts people at risk for heart attack and stroke.

"Visceral fat can release substances that influence the production of 'bad' cholesterol, another risk factor for heart disease. Interestingly, it is possible to be obese and not have visceral fat, and vice versa."

A Harvard University newsletter also warns that visceral fat lies close to the portal vein, which carries blood from the intestinal area to the liver. Visceral fat can release substances that influence the production of "bad" cholesterol, another risk factor for heart disease. Interestingly, it is possible to be obese and not have visceral fat, and vice versa.

Visceral fat isn't easy to measure. Measuring BMI (body mass index) tells you whether you are normal, overweight or obese — a BMI over 25 is considered overweight and over 30 is considered obese. But it doesn't indicate how your body stores fat and muscle.

Doctors nowadays also measure waist circumference, which reveals whether fat is stored around the belly. For women, a waist that measures more than 35 inches (88 cm) is considered quite risky. For men, 40 inches (102 cm) is bad. A third test — waist-to-hip ratio — is also important. It calculates the difference between your waist circumference and your hips (you want a high number there). Pear-shaped people tend to have less visceral fat than apple-shaped people.

What can you do if your doctor says you have visceral fat? You guessed it! Exercise. A study at Duke University found those who walked or jogged regularly made a significant dent in their visceral fat.

"Any weight loss, especially if combined with exercise, will help reduce belly fat," says Dr. Sharma.

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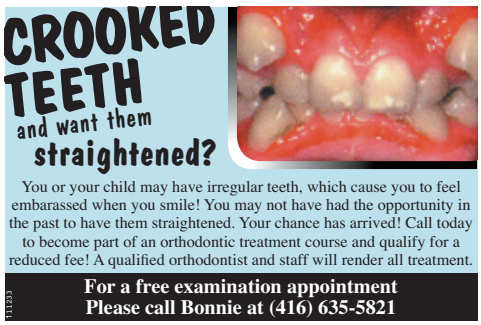

Sephora launches exclusive tokidoki makeup line

Based on the whimsical anime universe, tokidoki, created by Italian artist Simone Legno, each makeup case and compact is inspired by tokidoki's cast of colourful characters and is packed with high quality pigments and beauty tools. METRO NEWS SERVICES

Q&A with Carmindy

JANINE FALCON
for Metro Canada

How do you turn pre-teen low self-esteem into killer self-confidence, become a successful makeup artist who hits TV big time, publish three books, and change millions of women's lives along the way?

We figured What Not to Wear's makeup star Carmindy might know, so when she was in town recently, Metro asked her.

SUBMITTED

Carmindy

Q In your previous book, Get Positively Beautiful, you included a childhood photo and said you hadn't felt pretty. How did you deal with that?

A I was always a very positive person. I started doing personal mirror mantras, these little affirmations. Instead of like, 'Oh, the kids say I'm fat, I must be fat, I must be ugly,' I'd look in the mirror and say, 'You know what, I have great eyes.' Or 'I have great cheeks, they're not fat, they're happy.' Pretty soon my self-esteem and confidence grew.

Q How did you get started in the fashion-and-beauty industry?

A I met a boy in school whose father was a television makeup artist for a TV show, and I thought that is the coolest job I've ever heard of. I asked (him), 'How do you become a makeup artist,' and he said 'Well, there's these agencies like a modelling agency that represent hair dressers and makeup artists and top stylists in wardrobe,' so I got a list and drove to every single one of these places and walked in and said, 'I know I'm young, but I'm hungry and I'll do it for free' and I was an apprentice.

Q How did you get your first pro makeup gig?

A I was assisting a makeup artist in Hollywood, and the makeup artist was sick. There was a weekend job with a photographer, so I got to fill in for that makeup artist. And that photographer loved me so much that he wound up doing another job in South Beach, Miami, that he flew me to, and then I never went back to California. Then I was gone.

Q How was working with celebs? (Carmindy has worked with a number of A-listers, but prefers not to be specific.)

A It wasn't very interesting to me ... there was a certain look they always wanted to stick with for their image, so it wasn't fun to me. When a women walks in and she's lost 100 lbs and she's at a crossroads and doesn't know which way to go, sitting down with her and teaching her how to celebrate her beauty and watching her just transform into a flower and go forward in her life in a positive way — *that* is rewarding.

Q How did What Not to Wear (WNTW) change things?

A When I started doing WNTW, I realized, 'Oh my God, these women, even with all that information out there, have no idea how to embrace their natural beauty and make themselves look incredible.' ... I could change their attitudes, help build their confidence, because of the way I did it. I knew what insecurity was all about, I knew how to overcome it, and I also had the tools to do it, so WNTW was the most beautiful thing for me.

Tips from Carmindy's latest book Crazy Busy Beautiful

HarperStudio paperback, $12.99

- Sunscreen goes wherever the sun touches your skin – not just your face. Think about your ears, tops of hands and tops of feet during sandal season. Every exposed inch, every day, ladies!
- Have a salon professional tint your lashes before a beach vacation. You'll emerge from the waters looking like a mermaid and won't need to tote waterproof mascara.
- Never change your blush colour just to match your outfit or lipstick. Blush should always look like a natural pretty flush, not an accessory.
- Want to make lipstick last all night? Double up! Apply a lip stain, then your lipstick. Avoid gloss; it can speed colour slippage.

JANINE FALCON/
FOR METRO CANADA

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You may have heard the story of "The man who made the whole town lose weight". The successful health food storeowner, Johnny Pettersen found himself in the media because he made so many people lose weight in his hometown of Ålesund, Norway. Eva is one of his many customers that just happened to lose half her body weight, using Mulberry.

Johnny Pettersen
The man who made the whole town lose weight.

Eva used to have a tremendous craving for sweets. She would wake up at night with cravings and never knew why. Today Eva has regained control of her life thanks to the food supplement Mulberry Zuccarin. And she went from a clothing size of 18 to a 6.

The sugar craving went away

In a relatively short time Eva had gained almost 30 kilos. Her weight was over 100 kilos, and Eva - only being 154 cm tall - was very desperate and depressed.

Eva found a health food store in Ålesund and asked for help. There, she was recommended the Mulberry tablets, which are based on mulberry leaf extracts. Eva used Mulberry as prescribed – and has never regretted her choice.

Completely new wardrobe

"The results were not slow to come and after one year my weight had gone down considerably", says a smiling Eva. Eva has now used Mulberry for three years and she has lost a total of 46 kilos! She has changed her whole wardrobe, throwing out all those old size 18 clothes. Today Eva is still taking Mulberry, but only when she feels the sugar cravings returning.

Sugar - our worst enemy in food

You may burn your fat deposits and lose weight, if you use up more calories than you get from eating and drinking. But there is also another trick! You can make sure that some of the calories, which you get in, are not absorbed in your body. Many herbs and plants can make it more difficult for your body to absorb the calories you eat. The leaves from mulberry trees are one of the very best. These leaves have been used for centuries in Japan in different kinds of foods for this reason.

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Sugar is a stimulant for your brain and has an influence on your eating behavior. But like everything else this is a habit. Scientists have found out that it takes approximately 3 weeks to break it. When you take Mulberry and your body absorbs less glucose, you will also make you brain need less glucose. So without thinking about it, your mood swings and cravings for sugar will become less, and you will lose weight.

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Taylor Swift is Covergirl's new, well, covergirl
She's to rep a new 2011 line of luxury products for the beauty giant. METRO NEWS SERVICES

Heft and the heart

The J Spot
Josey Vogels
metronews.ca/thejspot

I like my women with a little meat on her bones. While men will say this about women, you rarely hear women say the same about men.

Maybe this is because men feel they have to say this because women with a little meat on their bones are made to feel like they will automatically be less desirable and therefore must be reassured they are still indeed dateable, while meaty men don't feel the same pressure?

After all, I don't think I've ever heard a man say, "Do these jeans make my butt look big?" as a roundabout way of looking for reassurance from his partner that she is still physically attracted to him. And, on practically every married couple sitcom, the wife is a perfectly shaped babe while hubbie's usually, well tubby and none too bright.

I don't think it's so much that women as a rule simply prefer their men meatier and dumb (though I'm sure some do, the meatier part that is, just as some men genuinely do prefer a little meat on their women's bones) but because socially, it is more acceptable for men to be heavier than it is for women.

Also, because women live with the pressure to be thin their whole lives, they are possibly more accepting of a less than perfect body on a man. But maybe I'm giving women way too much credit. Because when it comes to physical attraction, women and men can be equally shallow.

A man may say he likes a little meat on a woman's bones, but I guarantee he wouldn't feel the same if all that extra meat was concentrated entirely around her middle and her thighs. And, while women may be a little more forgiving, given the choice between her dream guy having six-pack abs or a gut from drinking too many six packs, she'd opt for door number one.

We are a fat-phobic society. Remember that short-lived reality show last year More To Love, featuring heavier women vying for the love of one equally hefty bachelor? Most of these women had either never dated or spent their whole adult lives being passed over for thinner girls.

I remember one woman describing the show as her last resort in her attempts to meet someone. Though come to think of it, little fuss was made over the size of the bachelor these women were vying for.

He was in no way trim, but none of the girls seemed to think this was an issue. So maybe women are more accepting of a guy with a little meat on his bones.

What do you think? Are women more accepting of heavier men than men are of heavier women? Go to The J Spot online at metronews.ca to leave your comments.

GETTY IMAGES
Matt Damon and Russell Crowe have put on some weight recently. Does that make them less attractive to women?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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APOTEX
ADVANCING GENERICS

Penélope Cruz to be new face of Trésor
She'll start as the Lancôme fragrance's ambassador later this year. METRO NEWS SERVICES

The veg debate

CELIA MILNE
for Metro Canada

You may have read about a recent study debunking the health benefits of vegetables to stave off cancer.

It flies in the face of advice you've always heard that eating your veggies helps prevent cancer. Confused?

The study was scientifically very sound, as it analysed the eating habits of more than 400,000 adults over almost nine years.

It was published in the prestigious Journal of the National Cancer Institute. It concluded that eating an extra two servings of vegetables a day only has a tiny effect on whether people develop cancer. This turns conventional thinking — and long-time advice from the World Health Organization — on its ear.

But before you dump the contents of your crisper into the compost, be aware that eating lots of vegetables and fruit really does have benefits in terms of reducing risk of heart disease.

The science on this is quite strong.

Another thing to keep in mind is, if you are filling up on veggies, you'll eat less junk.

The study didn't answer the question: What about children?

If they eat more vegetables and fruit, will they lower their chances of getting cancer as adults?

Don't ignore penis problems

SEXUAL HEALTH Can't get it up? Erectile dysfunction (ED) is no laughing matter. It can be a sign of impending cardiovascular disease.

"The penis is the dipstick of the body's health," Dr. Harry Fish, director of the Male Reproductive Center at Columbia University Medical Center of New York Presbyterian Hospital was recently quoted as saying. And the problem with going online to order ED pills such as Viagra, which help with erections, is that the meds may mask a serious problem. The same factors that thicken arteries to the heart — high cholesterol and high blood pressure — can also clog up the blood vessels to the penis, say experts. If you or your partner is suffering from ED, see your doctor.

CELIA MILNE/
FOR METRO CANADA

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Is there a spa visit in your near future?

More and more, when people set aside time and money for the spa, they want more than a simple facial. They're looking for treatments that promote wellness and prevent disease.

Here are some top alternative and wholistic spa trends for 2010:

- Incorporating the basics of traditional Chinese medicine into traditional spa treatments
- Cleansing and detoxification through scrub massage and heat
- Wellness hotels such as the brand new Sparkling Hill Resort in the Okanagan, B.C.
- Eco-spa tourism and travel
- Combining gyms and boot camps with spas
- Organic and green treatments
- Silence as a treatment.

CELIA MILNE/FOR METRO CANADA

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Burger-scented candles

Fans of fast food chain White Castle's oniony hamburgers have a new way to indulge without any calorie guilt: A scented candle infused with the burgers' aroma. Proceeds from the sale of the $10 candles will benefit Autism Speaks. TORSTAR NEWS SERVICES

Food

For a fragrant kitchen

For a scent that blends well with the aromas of your kitchen yet is gentle on the environment, try out Fruits & Passion's new Cucina water-based sprays ($14/150 ml). The formula contains no hydrocarbons, alcohol or DE/DEH phthalates and is delivered in a recyclable container. The fragrance combinations include Pink Pepper and Anise, Lime Zest and Cypress and Coriander and Olive Oil, to name a few. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The great steak adventure

Schatzker tells us to trust our taste buds and avoid feedlot beef

RICK MCGINNIS
for Metro Canada

While searching the world for the best steak — a quest chronicled in the book he has starkly named Steak — writer Mark Schatzker had what can only be described as a man's dream adventure.

He went on countless road trips, visited innumerable steakhouses, connected with long-lost relatives in Argentina, shopped in Tokyo's surreally high-end food emporiums, and even got to play cowboy on the grassy hills of Idaho.

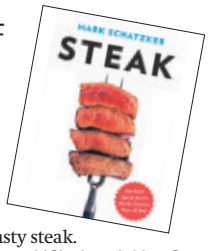
The Globe & Mail columnist and travel writer spent three years trying to come to what he describes as the "Grand Unified Theory of Steak" — cutting through the thicket of "facts" favouring marbling or grain- versus grass-feeding, into the denser scientific realm of hexane, beta-agonists, one-octen-3-ol and Maillard reactions. (The latter, in case you were curious, is what gives steak its tasty brown crust on the grill.)

A despairing early chapter of the book sees Schatzker in Texas, lost in steak country and seemingly unable to find a decent piece of beef anywhere he goes. "None of the beef I had was good," Schatzker recalls. "In a way there was no point in even going to Texas because you could eat that beef in New York. That's just where it's coming from — it's all fed the same way. The taste of American beef today is all controlled by a handful of feedlot nutritionists."

RICK MCGINNIS/FOR METRO CANADA

Writer Mark Schatzker embarked on a "man's dream adventure" for research for his new book Steak.

The feedlot — vast fattening pens darkly described by Schatzker as thick with clouds of fecal matter kicked up by the hooves of thousands of milling cattle — is the source of most of the beef we eat, fed on steamed and flaked corn to promote rapid growth of muscle and fat, a marvel of industrial agriculture far from the grassy open fields and slow maturation that Schatzker becomes convinced is the key to truly tasty steak.



And if industrial beef production is the problem, the modern steakhouse is just a distraction. "Steakhouses are kind of like Disney — they sell you a themed experience. You could go in there and pretend that you're in a saloon or a gentlemen's club — Lone Star or Ruth's Chris, it's the same thing. Some of them put a rub on them and some of them drown them in butter but it's the same steak. There's no flavor; they add something in the kitchen, just like they add something to their decor."

Ultimately, Schatzker thinks we should trust our own taste buds, ignore experts, and demand beef raised far from the feedlot.

"I think everyone needs to go a bit more slowly and stop worrying about consensus. I think this comes from wine culture, where everybody wants to be a connoisseur and there's a real fear of looking ignorant — they want to talk the talk and wear the ascot and make pronouncements about vintages and 'that was a dry summer.' I think that's b.s."

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Food + wine

You heard it here first folks: Most rules about wine are as relevant today as The Backstreet Boys. While I'm all about busting liquid myths (stop smelling those corks people!) the old adage that most wines taste better with food is true.

If there's a myth portion to the "wine needs food" idea it's that by food I mean a huge meal. Nope, I'm just as apt to keep things simple and Mediterranean (with a plate of sliced meats, a little cheese and some bread); especially if I want the wine I'm having to take centre stage.

Give the match a try with a ripasso wine from Italy. The **2006 Folonari Valpolicella Classico Superiore Ripasso** ($16.95 - $18.99) has deep plum-infused fruit while the **2005 Pasqua Sagramoso Valpolicella Superiore Ripasso** ($16.90 - $22.99) is a bit richer and raisiny.

Cheadle honoured by UN
Don Cheadle is set to be honoured as a United Nations goodwill ambassador for his work to save the planet. The Hotel Rwanda actor first teamed up with the UN last year to front its climate change campaign, urging world leaders to sign a treaty limiting greenhouse gas emissions. FEMALEFIRST.CO.UK

Entertainment

Open Heart
Barbara Walters, 80, says she will have surgery later this week to replace a faulty heart valve. The television legend made the announcement yesterday on ABC's The View. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

A history of protest

Canadian bands Stars, left, and F—ed Up have taken different approaches to protesting an Arizona immigration law.

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

A couple of weeks ago a debate broke out on Twitter between Montreal indie rockers Stars and Toronto hardcore band F—ed Up. Stars wanted to boycott playing in Arizona until the state's recently passed law — which allows police officers to search for illegal immigrants by randomly asking people for ID — was rescinded.

F—ed Up thought that was the wrong approach. "Why not keep playing Arizona, using the shows as an opportunity to engage the people there to get involved," wrote the band's frontman Damian Abraham on his Twitter account.

I'm with Abraham on this. A boycott by a Canadian band, which is mostly unknown in Arizona, isn't likely to have much of an affect on the law.

Playing the state won't do much either. But if enough musicians — and some high profile ones — get together and galvanize the American public they may just be able to get this policy changed.

It's happened before. History is filled with songs about injustice, oppression and war. Not all protest music has worked, but songs and artists have been responsible for inspiring profound changes to American law.

Here are three moments where the power of music has led to social change.

Emancipation

Slavery would probably have ended in the United States without the countless gospel and blues songs that marked that era, but it may have taken a lot longer.

"Not all protest music has worked, but songs and artists have been responsible for inspiring profound changes to American law."

Protest music took two forms in the 18th and 19th centuries — whites singing songs about abolition to other whites (like the Hutchison Family Singers whose anti-slavery songs were heard by U.S. President Abraham Lincoln), and African Americans' singing spirituals, like the passionate Go Down Moses.

Other songs, such as Wade in the Water, included instructions on the path black slaves could take to freedom. It was these songs that kept the fight for abolition going.

Labour rights

Most of us wish we could work less, but there was a time when long hours and low pay were the norm.

Through the music of artists such as Woody Guthrie and Pete Seeger, and now Billy Bragg, songs about labour rights helped organize oppressed workers and gave people a reason to keep pressing on.

One of the most popular pro-union tunes is Ralph Chaplin's Solidarity Forever, which Seeger made famous. "Solidarity forever, for the union makes us strong," goes the infectious folk chorus, which has been sung by countless picketers across the world.

Vietnam

When most people think of protest music they think of Vietnam. This was when some of folk and rock's most famous musicians took to the streets to promote peace.

There was Bob Dylan's Blowin' In The Wind, a song that was used in the anti-war and civil rights movements, Joan Baez's Saigon Bride with the lyrics "How many children must we kill, before the waves stand still?", and Jimi Hendrix's famously fuzzy version of Star Spangled Banner.

With many big name artists protesting the war, students across the country demonstrating and American casualties increasing, the U.S. government had no choice but to withdraw in 1973.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Seneca

To Juliet with love

Shakespeare's heroine still getting the letters

Hers was a literary, not literal, existence only. And her own love story was, let's just say, star-cross'd.

Nonetheless, thousands of lovelorn every year pour out their hearts and seek solace from Juliet, Shakespeare's heroine.

Their entreaties arrive by the dozens — handwritten missives, sometimes with drawings or photographs, penned on handmade paper or sheets meant to look like ancient parchment. Some are addressed simply: Juliet, Verona, Italy.

Yet thanks to compassionate letter carriers, they find their way to an upstairs office overlooking the courtyard of the fabled home of Juliet Capulet, just opposite the balcony of Shakespearean fame.

And there, improbably, they are answered by 15 self-appointed secretaries to Juliet.

"Let's say by now we are pretty expert. After 15, 20 years we are able to manage this phenomenon," said Giovanna Tamassia, who has been writing replies for 16 years. "But it is also true that sometimes a particularly difficult letter arrives and then we speak among ourselves."

ANTONIO CALANNI/THE ASSOCIATED PRESS

Thousands of letters from the lovelorn arrive every year in Verona, Italy, addressed to Juliet, Shakespeare's fictional heroine. They are answered by Juliet's "secretaries."

Soon, the secretaries will be looking for more letters: They expect a deluge after the U.S. release May 14 of Letters to Juliet, a new movie starring Amanda Seyfried and Vanessa Redgrave that tells the story of one of those letters gone lost.

"When the film comes out: Help!" Tamassia said.

The movie stars Redgrave as a woman whose letter expressing regret at leaving her Italian love to return to Britain is found behind a loose brick at Juliet's Verona house, a famous tourist spot and romantic pilgrimage. Redgrave's character seeks out her Romeo, named Victor, with the help of a young tourist (Seyfried) who stumbles on the long-lost letter while helping the secretaries.

THE ASSOCIATED PRESS

Loyalty Can Be Costly

Shopping Around Still The Key To Saving On Car Insurance

How Much Is Your Loyalty Discount Really Worth?

If you're like most consumers, you worry that switching insurance companies means losing your "loyalty discount". The truth is that switching insurance companies may cause you to lose your loyalty discount (*if you had one in the first place*), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of $1,500 (a $75 savings) if you could pay $1,100 (a $400 savings) with another company?

How Much Do Rates Really Differ Across Companies?

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. And with so many insurance companies providing car insurance in Ontario, odds are you are not currently insured with the company that offers the best rate for your driving profile. This is where InsuranceHotline.com can help by providing an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate available for your profile. Even better, once your lowest rate is found, InsuranceHotline.com can connect you with a licensed insurance broker or agent to seal the deal. It's Fast, Safe and FREE.

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Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers. By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

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1 Accident	$1,849	$3,753	$1,904

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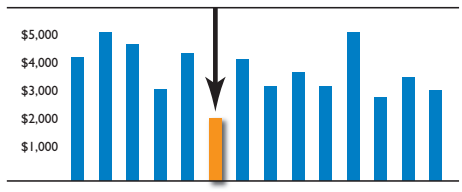

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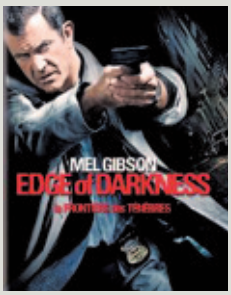
DVD picks

Edge of Darkness

Director: Martin Campbell



YOU MIGHT WANT to check your calendar watching this paranoia thriller, and not just because it represents Mel Gibson's return to top-line action for the first time in eight years.

Edge of Darkness feels more like something from the shifty 1970s or 1980s than the supposedly enlightened 2010 of pro-ecology governments and corporations. The idea of politicians and capitalists conniving to put nukes ahead of safety and ethics seems more in line with Ronald Reagan's first term of office than Barack Obama's.

And indeed, this is based on a 1985 BBC miniseries, directed by Martin Campbell (Casino Royale), that Campbell and writers William Monahan and Andrew Bovell have re-purposed for the big screen.

A large amount of compression was necessary to take the original five hours down to around two, but the plot holds up well enough, thanks to Gibson's tense performance and a Ray Winstone's spooky supporting turn.

Gibson is Thomas Craven, a widowed Boston police detective, whose life goes to pieces and whose fists start flying when his only child Emma (Bojana Novakovic) is murdered by an unknown assailant.

It's not a fast-moving thriller, but that suits Gibson's older and heavier reality. And it's nice to watch a movie where we get a chance to connect the dots before the bullets start flying again.

Extras include additional and alternate scenes and, on the Blu-ray disc, several making-of and backgrounder featurettes.

Daybreakers

Director: Michael and Peter Spierig

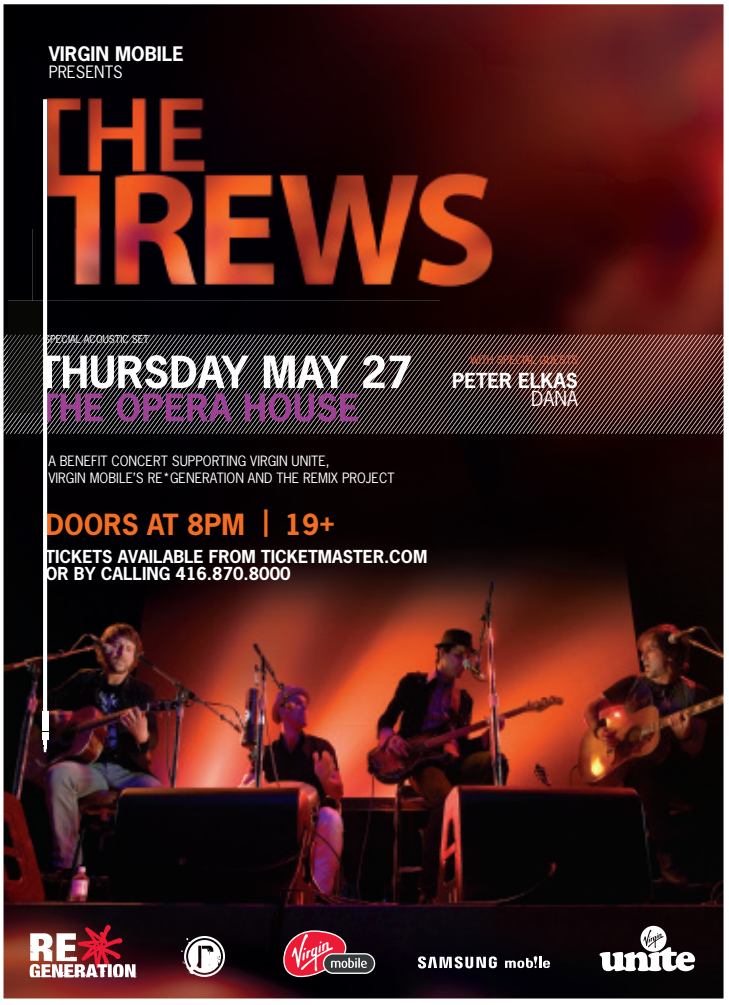
HIGH-CONCEPT HORROR from Down Under bros Michael Spierig and Peter Spierig (Undead), who know their way around genre conventions.

They've actually come up with a new twist on the vampire theme: What happens when the vampires take over the Earth and the humans whose blood they need for survival start to become extinct?

Ethan Hawke plays a vampire hematologist whose job it is to find a solution to the problem, and fast, but his conscience about killing humans, even for his own survival, is starting to get the better of him. His boss (Sam Neill) isn't burdened with such cares, but he has a daughter who has yet to "turn" vampire. She has allied herself with the dwindling human population, led by a rebel leader played by Willem Dafoe.

Extras include extended scenes and commentary.

Peter Howell/for Metro Canada



Total eclipse of Twilight dolls

Looks like Bella Swan, Edward Cullen and Jacob Black won't be the only Twilight characters immortalized in plastic. This summer fan-pires will be able to add Ashley Greene's clairvoyant Alice Cullen and Bryce Dallas Howard's evil Victoria to their collection of Twilight dolls. FEMALEFIRST.CO.UK

Ridley in the Hood

Director brings own twist to Nottingham

NED EHRBAR
Metro World News

After more than 10 years of collaboration with Russell Crowe, veteran director Ridley Scott has gotten used to late-night phone calls.

"Sometimes with Russell, you've just gone to bed, maybe had too much to drink, and it's about quarter to one in the morning and the phone goes. And I go, 'Oh, s—, it's Russell,'" Scott says with a grin. "He usually calls from Australia and says, 'All right? I hope it's not too late.' And I say, 'Well actually, it is.'"

It was just such a phone call that spawned their latest film — their fifth together — Robin Hood. During one particular late-night call, Crowe presented Scott with an idea.

Robin Hood opens Friday

"He said, 'I've got this Robin Hood thing.' And I said, 'All right, let me read it.' So we got into it, and I said, fundamentally, with deepest respect to the chaps who wrote it, it needs a lot of work," Scott remembers. "And that's what we did. We got into the reworking of it."

That reworking ended up taking more time than expected, Scott admits, as the Hollywood writers' strike brought their rewriting to a halt. One thing that needed to change, Scott knew, was the title.

Russell Crowe, left, and Ridley Scott on the set of Robin Hood.

"At the time it was called Nottingham, which I think threw everyone into a tizz thinking, 'how cool.' And I hate that word, cool," Scott sneers. "Because what does 'cool' mean? All it is is you're going to call a film Nottingham, and you're going to spend half your marketing explaining why you've called it Nottingham and not Robin Hood."

With the new, simpler title in place, the film is ready to premiere tomorrow at the Cannes Film Festival — something Scott hadn't anticipated. "I know the Cannes festival tries to protect itself by being only about high-brow thinking in movies, but I think they've changed," he says. "They've realized that actually commerce does come into it. But you don't put a high-budget movie in Cannes in competition."

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Cannes Opening soon

LIONEL CHRONNEAU/THE ASSOCIATED PRESS

Workers set up a giant canvas version of the 63rd Cannes Film Festival's official poster. The festival kicks off tomorrow.

Lena Horne was a pioneer

Lena Horne, the enchanting jazz singer and actress known for her plaintive signature song Stormy Weather and for her triumph over the bigotry that allowed her to entertain white audiences but not socialize with them, has died. She was 92.

Lena Horne

Horne died Sunday at New York-Presbyterian Hospital, according to hospital spokeswoman Gloria Chin. Chin would not release any other details.

In the 1940s, Horne was one of the first black performers hired to sing with a major white band, the first to play the Copacabana nightclub in New York City and, when she signed with MGM, she was among a handful of black actors to have a contract with a major Hollywood studio.

By the 1960s, Horne was one of the most visible celebrities in the civil rights movement, once throwing a lamp at a customer who made a racial slur in a Beverly Hills restaurant and, in 1963, joining 250,000 others in the March on Washington when Martin Luther King Jr. gave his "I Have a Dream" speech.

"I knew her from the time I was born, and whenever I needed anything she was there. She was funny, sophisticated and truly one of a kind. We lost an original. Thank you Lena," singer Liza Minnelli said Monday. Her father, director Vincente Minnelli, brought Horne to Hollywood to star in Cabin in the Sky. THE ASSOCIATED PRESS

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Brothers win Amazing Race

Brothers Daniel and Jordan Pious slid into first place to win The Amazing Race. The distinctly different siblings from Barrington, R.I., crossed the finish line first in San Francisco to take home the CBS reality series' $1 million US grand prize. THE ASSOCIATED PRESS

Entertainment in brief

CASTING CALL Toronto chef Mark McEwan will be head judge for Top Chef Canada, and Food Network is launching a national casting call for competitors. Hopefuls have until June 14 to apply. Information is at Food Network Canada's website: foodnetwork.ca/topchef.

THE CANADIAN PRESS

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TBS taps Conan's buzz

In 10 years as a television executive, Steve Koonin had never received fan mail. Until now.

The president of Turner Entertainment Networks said he's received more than 6,000 notes from Conan O'Brien fans thanking him for hiring the former Tonight host for a TBS talk show that starts in November.

Koonin is seizing upon the move, a genuine surprise at the time, to remake a network that is often overlooked by cultural taste-makers.

"It wasn't hiring an available talent," Koonin said. "It was building an idea."

The idea is to use O'Brien and George Lopez to build a late-night franchise that has youthful appeal, taking advantage of the Jay Leno and David Letterman audiences — and the hosts themselves — being relatively old by TV standards. He'll use the folk hero status his "Team Coco" fans gave O'Brien during his battle with NBC to make the comic the face of TBS.

Conan O'Brien

Already in the works is a plan to re-run the four hours of O'Brien's show each week late on Friday nights, inviting fans to connect to the show and each other through Twitter and other social media.

TBS is available in almost as many homes these days as the broadcast networks but lacks a real profile, perhaps because its base is in Atlanta and its schedule has long been dominated by reruns. Fewer people watch Comedy Central, and fewer people can get it in their homes, but its stars Jon Stewart and Stephen Colbert get more attention than TBS' show biz dynamo Tyler Perry.

O'Brien can begin changing that.

"They want to get the buzz," said veteran TV researcher Steve Sternberg. "The buzz is important in that advertisers pay attention to buzz. TBS is already one of the highest-rated cable networks. This is only going to enhance that."

Given that two advertisers have already taken the unusual step of calling Koonin at home to make sure there would be room for them on O'Brien's show, the perception is starting to work.

Koonin was influential in Turner's decision to give sister stations TBS and TNT their own identities by having one concentrate on comedy and the other on drama. With Holly Hunter on Saving Grace and Kyra Sedgwick on The Closer, TNT has done a better job than TBS in getting major Hollywood talent to consider it as a place to work.

Again, O'Brien is being counted on to change that.

"For our people in Los Angeles, it's a lot easier getting conversations today," Koonin said.

Koonin has a son and daughter who are both O'Brien fans. The youngest, 20-year-old Amy, belongs to a "Team Coco" website.

Now he's a hero at home.

THE ASSOCIATED PRESS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/11/10	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		The Jury (Part 1 of 6)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Borderland" (N)		Glee "Laryngitis" (N)		The Good Wife (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	To Be Announced					NHL Hockey Chicago Blackhawks at Vancouver Canucks.			
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser Tony Romo gives a pep talk. (N)				Parenthood "Solace" (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol		Lost "Across the Sea"		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Far From Heaven* ★★★ (2002, Drama) Julianne Moore.				*Palmer's Bones* ★ (1998, Suspense) Rutger Hauer.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	Forensic Factor		The Insider	Dream Car	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Borderland" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser Tony Romo gives a pep talk. (N)				Parenthood "Solace" (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars		Lost "Across the Sea"		(10:02) V "Fruition"		News
	219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V "Fruition"		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		Glee "Laryngitis" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (DVS)		Frontline/World (DVS)		Colosseum: Arena of Death		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Javianna" (N)		Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
	509	504	79	CNB	Kudlow Report (N)		Planet of the Apps: Hand-held		Coca-Cola: The Real Story		The Oprah Effect		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Boston Red Sox. From Fenway Park in Boston.						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	NBA Basketball Playoffs: Teams TBA. (HDTV)					SportsCentre (HDTV) (Live)		
family	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		NASCAR Hall of Fame Grand opening of the new NASCAR Hall of Fame.				
	551	542	25	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Style by Jury	Beauty	Beauty Call	Style by Jury	*The Watch* (2008, Suspense) Clea Duvall.		
	570	580	29	MM	Gossip Girl (HDTV) (N)		Styl'd (Series Premiere) (N)		Make It or Break It		Degrassi: TNG	disBAND	UR11
	615	520	31	A&E	The First 48 (HDTV)		Criminal Minds Cults.		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Italian Gardens	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime		The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	Relic Hunter		*The Wives He Forgot* (2006, Suspense) Molly Ringwald.				Californication	Secret Diary	NCIS
	620	523	40	BVO	Beck: Live		*A Hard Day's Night* ★★★ (1964, Musical Comedy)				Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Aftermath "Red Giant"		Cities of the Underworld		Pawn Stars (N)	Pawn Stars	The Real Robin Hood		
	625	548	44	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	*The Ring*
	576	582	49	BET	106 & Park: BET's Top 10 Live		*You Got Served* ★★ (2004, Drama) Marques Houston.				Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe (HDTV PA) (N)		InnerSpace (N)
	581	566	52	MTV	The Hills	After	Cribs	Teen Cribs	Diary	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	SOUL (DVS)		Unscripted (N)	Crazy for Love	Doc
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Gleen"		Missing The prime suspect.		Medium		Cold Case "Gleen"		Psychic Inv.
	300	601	301	M1	*Gamer* ★		(7:25) *Fear Island* (2009, Suspense)		*The Soloist* ★★ (2009, Drama) Jamie Foxx.				*Drag to Hell*
	305	612	306	PIX	(7:15) *Replikator* ★ (1994, Science Fiction)				*Analyze That* ★★ (2002, Comedy)			(10:40) *El Mariachi*	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Hollywood Sugar Mamas		FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics' corner

Analyze That

Robert De Niro and Billy Crystal reteam for this irritating 2002 comedy that is less a sequel to the far superior "Analyze This" than a limp reprise of the best bits from the earlier film, robbed here of any sense of freshness and spontaneity. Obvious and heavy-handed, this regrettable film is transparently about nothing but trying to milk dry a cash cow. 10:40 AM on PIX

Glee

A sore throat has a serious impact on Rachel's singing voice, throwing her into a panic. Kurt tries to impress his father (guest star Mike O'Malley). Puck (Mark Salling) hatches a plan to elevate his social status in the new episode "Laryngitis." 9 PM on GTV FOX

V

Anna decides it may be best to leave after someone close to her is the victim of a violent attack. Erica and the team look for a scientist who may have created a weapon that the Visitors fear in the new episode "Fruition." 10:02 PM on ABC ACH-B

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Star Media

Romijn marvels at her twins

Rebecca Romijn is shocked at how different her twin daughters are, femalefirst.co.uk reports. The 37-year-old actress, who had twins Dolly Rebecca Rose and Charlie Tamara Tulip, takes delight in watching how her non-identical girls' personalities are changing. METRO NEWS SERVICES

Celebrity Buzz

Lohan's stock dropping

ANALYSTS CONCERNED STOCK DROP MAY AFFECT CANADIAN DOLLAR Online stock-trading company E*Trade has filed a motion to dismiss Lindsay Lohan's lawsuit against them as meritless, according to TMZ.

Lohan filed suit in March claiming the company's Super Bowl ad featuring a "milkaholic" baby named Lindsay was a dig at her. "We believe in the merits of the lawsuit and will be defending it vigorously," Lohan's lawyer tells TMZ in response to the latest motion.

Michael Lohan is less than thrilled about daughter recent announcement that she'll star as adult film actress Linda Lovelace in a movie about the Deep Throat star's life. "Mark my words, it's a blunder and the film will flop," he tells Radar Online. "Lindsay doesn't need to be looking at or doing any films, music or anything right now. She needs rehab … She will never be herself or be able to perform to the best of her ability as long as she is on prescription medication." METRO WORLD NEWS

Katy Perry tops the Maxim Hot 100 list

I'M NOT SURE PERRY BEING DEEMED HOT QUALIFIES AS NEW NEWS Katy Perry earned the top spot in Maxim magazine's annual Hot 100 list of the world's hottest women.

"She's the best friend you suddenly realize you've loved your whole life," the magazine's editors say. "The rad chick who taught you to skateboard and whistle and also looks unbelievable in a bikini."

Coming in at No. 2 is swimsuit model Brooklyn Decker, who is currently filming a movie opposite Jennifer Aniston. Zoe Saldana, Blake Lively and Megan Fox round out the top five. METRO WORLD NEWS

CelebTweets

Follow these celebrities on Twitter...

COURTNEY LOVE takes to Twitter to give her estranged daughter romantic advice, **JOHN CUSACK** wants to meet Banksy, **SARAH BROWN** is finally relaxing after heavy campaigning, and **MATTHEW PERRY** is disappointed with technology.

@CourtneyLoveUK i really hope that boy is as nice as his sweet face, cos iff not ill get him, your just like me in almost every way and i know you hate it, there's plenty of fish in the sea lining up for both of us who will treat us like princesses & not like 2nd class citizens, or damaged goods

@johncusack @Banksyart2 love your stuff man.. we gotta meet up one day.

@SarahBrown10 had lovely 24 hour family break in Scotland, glass of wine, sort of a lie in, good to see many Fife friends at local church now back again

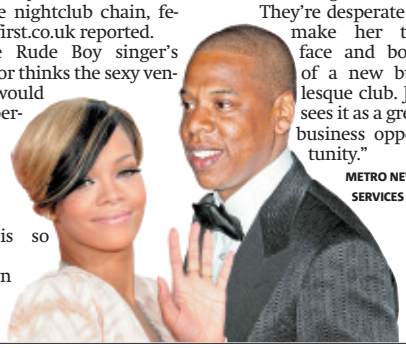
@langfordperry So I'm reading a book on my new ipad....but can't the ipad read it for me? Do I have to do everything?

METRO NEWS SERVICES

Jay-Z pushing Rihanna to front burlesque club

IN ANY OTHER INDUSTRY THIS WOULD RESULT IN A SEXUAL HARASSMENT SUIT Jay-Z wants Rihanna to be the sexy face and body of a new burlesque nightclub chain, femalefirst.co.uk reported.

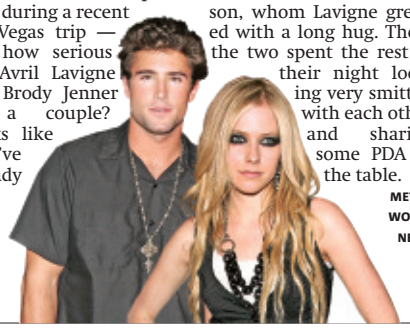
The Rude Boy singer's mentor thinks the sexy venture would be perfect for her because she is so well known for her curvaceous body and racy stage outfits. A source told the Daily Star newspaper: "All the top people think she's smoking hot … They're desperate to make her the face and body of a new burlesque club. Jay sees it as a great business opportunity." METRO NEWS SERVICES



Avril, Brody get closer

IS IT STILL COOL TO BLEND CELEB COUPLE NAMES? 'CUZ BRAVRIL SOUNDS LIKE A HEADACHE MEDICINE They've been getting cozy at clubs around Los Angeles and even turned up the heat during a recent Las Vegas trip — but how serious are Avril Lavigne and Brody Jenner as a couple? Looks like they've already met the parents, people.com reports.

At Friday's Race to Erase MS gala at the Hyatt Regency Century Plaza Hotel in L.A., they shared a table with family, including Jenner's mom, Linda Thompson, whom Lavigne greeted with a long hug. Then, the two spent the rest of their night looking very smitten with each other and sharing some PDA at the table. METRO WORLD NEWS



Rude comment helping Erin's DWTS chances

HOW INSPIRING Erin Andrews was never the favorite to win Dancing with the Stars, generally always trailing behind Pussycat Doll Nicole Scherzinger and Olympic gold medal winner Evan Lysacek.

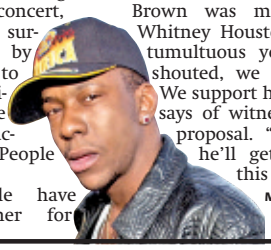
However, all that changed last week when The View host Elisabeth Hasselbeck made some very controversial comments regarding Erin's costumes and her stalker, popeater.com reported.

"Elisabeth's comments have not only made Erin more determined to win, but have also given every woman in America who has ever been made fun of because of what they wear or how they look a champion," said a Dancing insider. METRO WORLD NEWS

Brown proposes to Etheridge

MAYBE SHE NEVER HEARD ABOUT HIS PAST During a recent Florida concert, Bobby Brown surprised fans by proposing to girlfriend Alicia Etheridge on stage, according to People magazine.

The couple have been together for three years and have an 11-month-old son together. Brown was married to Whitney Houston for 15 tumultuous years. "We shouted, we screamed. We support him," a fan says of witnessing the proposal. "Hopefully he'll get it right this time." METRO WORLD NEWS



Custody not an issue: Source

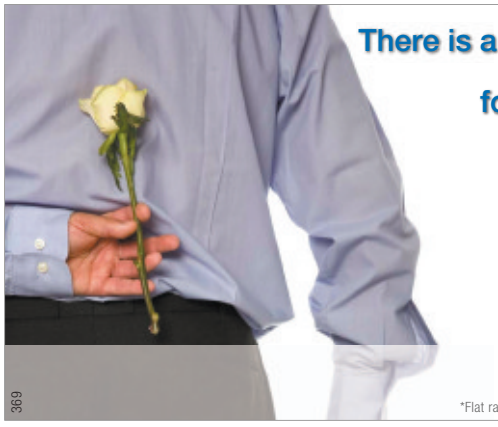
SEE? HE'S STILL A STANDUP GUY If Tiger Woods and Elin Nordegren decide to call it quits, they will share custody of their children, a source tells Radar Online.

"They have not been getting along as a married couple, but there has been no conflict over the children. They both want what's best for the kids," a source says. "This isn't going to get ugly. They've both made sure of that." METRO WORLD NEWS

Miller joining Kabbalah?

SCIENTOLOGY WAS ALL FULL Sienna Miller has prompted speculation she has converted to Kabbalah, after stepping out in New York wearing the faith's bracelet, femalefirst.co.uk reports.

Madonna and Britney Spears are followers of the Jewish discipline — and it seems the Alfie actress is following in their footsteps. METRO WORLD NEWS



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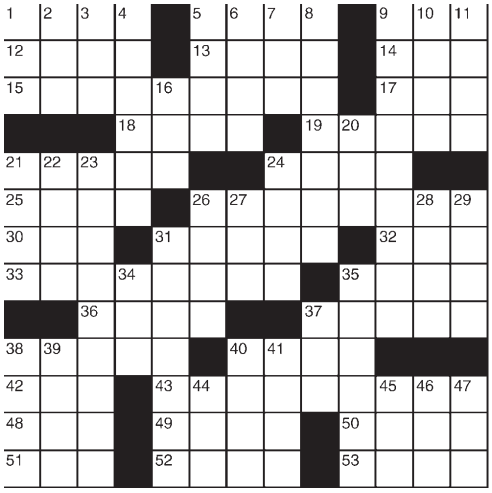

ACROSS

1 Roe provider
5 Big fusses
9 Kennel squeal
12 Day fraction
13 Surrounded
14 Rhyming praise
15 Quotable catcher
17 Solidify
18 Three-piece piece
19 Leavening agent
21 Check recipient
24 Oil cartel
25 "Once — a time, ..."
26 Parts of brains
30 Possibly will
31 Turning point
32 Diane Sawyer's network
33 One making a vow
35 Norway's capital
36 Song for two
37 Assail
38 Ecru
40 Old pronoun
42 Hearty brew
43 Sailors' chant
48 Cudgel
49 Eternally
50 Street
51 Type measures
52 "— of Our Lives"
53 Odds' mates

DOWN

1 Bashful
2 "Yoo- —!"
3 Sept. preceder
4 Strongly motivated
5 Quite some time
6 Gossip
7 Bobby of hockey
8 "Don't go anywhere"
9 Where people meet for a stretch?
10 Mid-month date
11 Hide
16 Spelling contest
20 Slithery fish
21 Gasoline dispenser
22 On — with (equal to)
23 Plans with frequent gains and losses
24 Stench
26 Atomizer output
27 Previous night
28 Competent
29 Highlander
31 Inebriated
34 Oktoberfest vessel
35 Body of work
37 Feathery neckwear
38 George Herman Ruth
39 Verve
40 Some other people
41 Not his
44 Eggs
45 A billion years
46 Possessed
47 "— bodkins!"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7	6			2	1	
8						9		4
	5			4				6
	1				6	5		
			3		9			
		2	8				6	
2				7			9	
6		1						2
	8	5			4	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	A	C	E		P	R	O	
T	H	A	N	K	Y	O	U	
L	A	N	C	E	L	O	T	
			A	G	E		B	A
A	M	A	S	S		B	U	L
V	A	N	E		M	A	R	P
E	G	O		T	O	R	S	O
	I	N	K	B	L	O	T	
			A	S	A	N		T
S	L	U	R	P	S		F	O
T	U	N	A		S	P	A	M
E	X	I	T		E	T	C	E
M	E	T	E		S	A	T	

R	O	M	P					
E	V	E	R					
F	A	R	E					
L	E	Y						

9	2	1	4	5	8	3	6	7
4	7	8	9	6	3	2	1	5
5	3	6	2	1	7	9	4	8
6	1	3	7	9	2	8	5	4
2	4	9	5	8	6	7	3	1
8	5	7	1	3	4	6	9	2
1	8	2	3	4	9	5	7	6
3	6	5	8	7	1	4	2	9
7	9	4	6	2	5	1	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Moroccan Chicken with Couscous

INGREDIENTS:

Chicken
1 lb skinless, boneless chicken breasts
1 tbsp olive oil
1 onion, chopped
2 garlic cloves, chopped
1 tsp cumin
1 tsp coriander
1 cinnamon stick
2 zucchini, halved and sliced
398 ml can diced tomatoes
1 cup vegetable broth
1/2 lb sugar snap peas
398 ml can chickpeas, rinsed

Couscous
1 cup couscous
1 tbsp olive oil
1 1/2 cups boiling water
2 tsp butter
Salt and pepper to taste
Chopped fresh cilantro pieces

METHOD:

1. Slice chicken on diagonal. Heat oil in skillet. Add chicken, onion and garlic; cook over medium-high heat, stirring, until chicken turns white.

2. Reduce heat to low and add cumin, coriander and cinnamon. Cook, stirring, 1 minute. Add zucchini and stir well, then add tomatoes with their juice and broth. Cook 5 minutes, stirring occasionally.

3. Meanwhile, put couscous in pot and pour over boiling water. Add oil. Stir, cover and leave to soak, off heat, 5 minutes.

4. Add sugar snaps and chickpeas to chicken. Cook 5 minutes, stirring.

5. Stir butter into couscous and cook over moderate heat 3 minutes, fluffing with fork. Pile couscous onto serving platter. Spoon chicken on top and garnish with cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Mercury, planet of the mind, turns in your favor today, and the most likely result is that you will adopt a more practical attitude to money matters.

TAURUS ♉
APRIL 21-MAY 21
Your mind will be working well today and whether you arrive at conclusions through logic or intuition the results will be good..

GEMINI ♊
MAY 22-JUNE 21
The deeper you go into a problem the more complicated it seems to get. Which suggests that you are trying too hard. Focus on something else.

CANCER ♋
JUNE 22-JULY 22
Make an effort to finish a task you started a while back but never got round to completing. There are new opportunities on the horizon.

LEO ♌
JULY 23-AUG 23
You may not take kindly to disagreement — and why should you when you are right and others are wrong? — but it will pay to be a bit more tolerant today.

VIRGO ♍
AUG 24-SEPT 22
You should find it a lot easier to understand opposing viewpoints today. That doesn't mean you will agree with them though.

LIBRA ♎
SEPT 23-OCT 23
Some kind of upheaval is likely today, most likely involving your finances, but there is precious little you can do about it except sit tight and ride out the storm.

SCORPIO ♏
OCT 24-NOV 22
Change is positive, change is good, and if you keep repeating that fact to yourself today, sooner or later you will start to believe it.

SAGITTARIUS ♐
NOV 23-DEC 21
If you need help from those with more experience than you then now is the time to ask for it. People will be happy to point you in the right direction.

CAPRICORN ♑
DEC 22-JAN 20
You no doubt feel that you can take on the world and win, and maybe you can, but there are still issues you don't fully understand, so be careful.

AQUARIUS ♒
JAN 21-FEB 18
You may feel vaguely uneasy today but there is little to be worried about. In fact, good news about a family situation should reach you by the end of the day.

PISCES ♓
FEB 19-MARCH 20
A difficult decision will come easy to you now. Also, if you have to say something a little unpleasant now is the time to give voice to your thoughts.

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Occidental Grand Punta Cana • 4★
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June 5 – 20 • 1 wk.
$649 +Taxes & other fees (including service charges): $312

CUBA
Holguin
Playa Costa Verde • 4★
All-Inclusive • Standard rm.
May 22 – June 19 • 1 wk.
$549 +Taxes & other fees (including service charges): $231
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Varadero
Sirenis La Salina Varadero • 4★
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Departure tax: 25 CUC cash, paid locally

MEXICO
Cancun/Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
June 11 • 1 wk.
$659 +Taxes & other fees (including service charges): $293

Puerto Vallarta/Riviera Nayarit
Dreams Villamagna Nuevo Vallarta • 4 1/2★
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$1149 +Taxes & other fees (including service charges): $282
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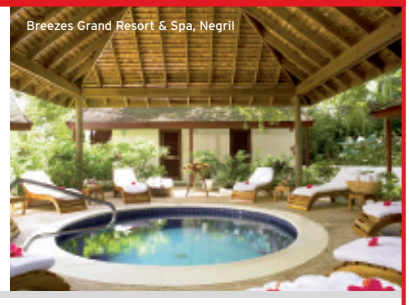
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